A Booke of Cookerie

And the order of Meates to bee ſerued to the Table, both for Fleſh and Fiſh dayes.

With many excellent wayes for the dreſſing of all vſuall ſortes of meates, both Bak't, boyld or roſted, of Fleſh, Fiſh, Fowle, or others, with their proper ſawces.

As alſo many rare Inuentions in Cookery for made Diſhes: with moſt notable preſerue of ſundry ſorts of Fruits.

Likewiſe for making many precious Waters, with diuers approued Medicines for grieuous diſeaſes.

With certaine points of Husbandry how to Order Oxen, Horſes, Sheepe, Hogges, &c. with many other neceſſary points for Husbandmen to know.

LONDON,
Printed by *E. A.* and are to be ſold by *F. Groue*, dwelling vpon Snow-hill. 1629.

Heere followeth the order of Meates, *how they must bee serued at the* Table.

Serui ces for Flesh dayes at Dinner.

The first Course.

POttage or stewed broath, boyled meate or stewed meats, Chickins and Bacon, powdred Beefe, Pyes, Goose, Pigge Roasted Base roasted Veale, Custard.

The second course.

Roasted Lambe, roste Capons, roasted Conyes, Chickins, Peahens Baked Venison, Tart.

The first course at Supper.

A Sallet, Pigges, Potatoes, Powdred Beefe sliced, a Shoulder of Mutton, or a breast, Veale, Lambe, Custard.

The second course.

Capons roasted, Conyes roasted, Chickins roasted, Pigions roasted, Larkes roasted, a Pye of Pigions or Chickins, Baked Venison, Tart.

The seruice at Dinner.

A dozen of Quailes, a dish of Larkes, two Pasties of red Deere in a dish, Tart, Ginger-bread, Fritters.

Seruice for Fish dayes.

Butter, a Sallet with hard Egges, Pottage of sand Eeles, and Lampernes, red Herring greene broyled, white Herring, Ling, Haberdine, Mustard, salt Salmon minced, two Pasties of Fallow Deere in a dish, a Custard, a dish of Leaches.

The second course.

Jelly, Peacocks, sauce Wine and salte, two Conyes or halfe a dozen Rabets, sauce Mustard and Suger, halfe a dozen of Pigeons, Mallard, Teale, sauce Mustard and Verjuyce, Gulles, Storke, Haronshew, Crab, sauce Galentine, Curlew, Bitture, Bustard, Feasant, sauce Water and salt with Orenge spiced, halfe a dozen Woodcockes, sauce Mustard and Suger, halfe a dozen Teales, sauced as the Feasants, a dozen of Quailes, a dish of Larkes, two Pasties of red Deere in a dish, Tart, Ginger-bread, Fritters.

Seruice for Fish dayes.

Butter, a Sallet with hard Egges, red Herring greene broyled, white Herring, Ling,

Ling, Haberdine, ſauce Muſtard ſalt Salmon minced, ſauce Muſtard and Verjuyce, and a little Suger powdred Conger, Shad, Mackrell, ſauce Vineger, Whiting, ſauce with the Liuer and Muſtard. Playce, ſauce Dozrell, Wine and Salt, Muſtard, oz Verjuce, Thornebacke, ſauce Liuer and Muſtard, Pepper and ſalt ſtrewed vpon, after it is bruſed: freſh Cod, ſauce Greene ſauce, Dace, Mullet, Eeles vpon ſoppes, Rochs vpon ſoppes, Perch, Pike in pike ſauce, Troiwte vpon ſoppes, Tench in Gelly, oz Gozeſill, Cuſtard.

The ſecond courſe.

Flounders oz Flokes, pike ſauce, freſh Salmon, freſh Conger, Bzette, Turbut, Bzeame vpon ſoppes, Carpe vpon ſoppes, Soles oz any other fiſh fryed, roſted Eele ſauce the dzipping, roſted Lamperns, roſted Pozpos, freſh Sturgion, ſauce Galentine, Creuis, Crab, Shzimps, ſauce Vineger.

Baked Lampzey, Tart, Figges, Apples, Almondes blaunched, Cheeſe, Raiſins, Peares.

For Boyld Meates.

To boyle a Brawne.

TAke your Brawne, and when you haue cut him out, lay him in faire water fours and twenty houres, and shift it foure or fiue times, and scrape and binde vp those that you shall thinke good, with Hemp: binde one handfull of greene Willowes together, and lay them the in the bottome of the panne, and then put in your Brawne, and skim it very cleane, and let it boyle but softly, and it must be so tender, that you may put a straw through it, and when it is boyled enough, let it stand and cole in the panne, and when you take it vp let it lye in trayes one houre or two, and then make sowcing drinke with Ale and water, and salt, and you must make it very strong and so let it lye a woke before you spend it.

To boyle meates for Dinner.

TAke the ribbes of a necke of Mutton, and stuffe it with Margerum, Sauerie, Time Parsly chopped small, Currants, with the yolkes of two Egges, Pepper and Salt, then put it into a Posnet with faire water,

water or else with the liquor of some meat, with Vineger, Pepper and Salt, and a little Butter, and so serue it.

To boyle meates for Supper.

TAke Veale and put it into a poinet with Carret rotes, cut in long peces, then boyle it & put thereto a hand ful of Prunes and crummes of Bread, then season it with Pepper, Salt, and Vineger.

To boyle a legge of Mutton with a Pudding.

FIrst with a knife raise the skin round about, till you come to the toynce, and when you haue perboyled the meate, shred it fine with Sewet or marrow, Parsly, Margerum, and Penitryall, then season it with Pepper and Salt, Cloues, Mace, and Sinamon and take the yolks, of 9. or 10 Egges, and mingle with your meate a good handfull of Currans, and a few minced Dates, and put the meate into the skin of the legge of Mutton and close it with pricks, and so boyle it with the breath that you boyle a Capon, and let it seeth the space of two houres.

To boyle a Lambes head and Purtenance.

STraine your broth into a Pipkin, and set it on the fire, and put in Butter, and skim

it as cleane as you can, & put in your meate, and put in Endiue, and cut it a little, and straine a little Yest and put into it, and Currans and Prunes, and put in all manner of spices, and so serue it vpon sops.

To boyle a Mallard with Cabbedge.

TAke some Cabbedge and picke and wash them cleane, and perboyle them in faire water, then put them into a Collender, and let the water runne from them cleane, then put them into a faire earthen pot, and as much swéete broth as will couer the Cabbedge, and swéet Butter, then take your Mallard and rosle it halfe enough, and saue the dripping of him, then cut him in the side, and put the Mallard into the Cabbadge, and put into it all your dripping: then letting it stew an houre, season it with salte, and serue it vpon soppes.

To boyle a Ducke with Turneps.

TAke her first and put her into a pot with stewed broath, then take Parsly, and swéete hearbes and chop them, and perboyle the Rootes very small in another pot, then put vnto them swéete Butter, Sinamon, Ginger, grosse Pepper and whole Mace, and

and ſo ſeaſon it with Salt, and ſerue it vpon ſoppes.

To boyle Mutton and Chickins.

TAke your Mutton and Chickins, and ſet vpon the fire, with faire water, and when it is well ſcummed, take two handfuls of Tabridge Lettice, a handfull of Currans, a good peece of Butter, the iuyce of two or three Lemmons, a good deale of groſſe Pepper, and a good peece of Suger, and let them ſeeth all well together, then take three or foure yelkes of Egges together hard roaſted & ſtraine them with part of your broath, let them ſeeth the quantity of an houre: then ſerue your broath with meate vpon ſippits.

To boyle Chickins.

FIrſt you ſhall take Chickins and boyle them with Grapes and with a racke of Mutton together, and let the racke of Mutton boyle before the Chickins one houre and a halfe, then make a bunch of Herbes with Rosemary, Time, Sauory and Yſope, and alſo Margerum, and binde them faſt together, put them in the pot, and when you ſee your time put in your Chickins with Parſley in their bellyes and a little ſweete Butter, verjuyce and pepper, and when you

haue

haue so done, boyle your Grapes in a little pipkin by themselues, with some of the broth of the Chickins, but take heede you boyle not them too much, nor yet too little, and then take the yolkes of fiue Egges, and straine them with a little broth of the pot, and when they are strained put them in the Pipkin to the Grapes, and stirre them, and when they begin to boyle, take them from the fire, and stirre them a good while after you haue taken them vp, and then haue your sippits ready in a platter, and lay your meate vpon it, then take your pipkin with Grapes and all that is in it, and powre it vpon the meate: And after this sort serue it in.

Another way to boyle Chickins.

STraine your broth into a pipkin, and put in your Chickins, and skim them as cleane as you can, and put in a peece of Butter, and a good deale of Sorrell, and so let them boyle, and put in all manner of spices and a little verjuyce, and a few Barberies, and cut a Lemmon in peeces, and scrape a little Suger vpon them, and lay them vpon the Chickins when you serue them vp, and lay soppes in the dish.

Another

Aother way to boyle Chickins.

YOu muſt ſtraine your breath into a pipkin and ſet it a boyling and ſkim it, putting in a peece of Butter, and Endive, and ſo ſet it boyle, with a few Currans, and all maner of ſpices, and ſo ſerue it on ſoppes.

To boyle a Neates tongue.

IN primis in faire water and ſalt, then pele it, and cut it in the middle, and then boyle it in red wine, and fill it full of Cloues, and a little Suger, and then waſh it with a little ſweet breath, to doe away the ſent of the Wine and you muſt make a little red Muſket with red wine and Prunes boyled together then ſtraine it, and ſtraine a little Muſtard in a fine cleat together, and ſo ſerue it.

To boyle a Pigs Petitoes.

TAke and boyle them in a pinte of Vergice and Ballard, take 4 Dates minced with a few ſmall Raiſins, then take a little Time and chop it ſmall and ſeaſon it with a little Sinamon and Ginger, and a quantity of Vergice.

To boyle a Cony.

YOu muſt boyle your Cony, and ſtraine your ſweet bread into a Pipkin and put in your meate, ſkim it as cleane as you can, and put in a good deale of Endiue, and cut it a little

a little and a good peece of Butter, and all kinde of spices, and a little Verjuyce, and so serue it on soppes.

To smere a Cony.

TAke the Liuers and boyle them, and chip it, and swet Hearbs, Apples, and the yolkes of hard Egges, and chop them all together, and Currans, Suger, Sinamon, Ginger and Parsly, and fill the Cony full thereof, then put her into the swæte broth, and put in swet Butter, then chop the yolke of hard egges, sinamon, ginger, suger, and cast it on the Cony, when you serue it vp, season it with salte, serue it on soppes, and garnish it with fruite.

To boyle Conyes.

TAke a Cony and perboyle it a little, then take a good handfull of Parsly and a few swæte Hearbes, and the yolkes of foure hard Egges, chop them all together, then put in Pepper and a few Currans, and fill the Conyes belly full of Butter, then pricke her head betwæn her hinder-legs, but breake her not, and put her into a fare earthen pot with Mutton broth, and therefe of the stuffe role it vp round, and put it in with-all, and so boyle them well together, and serue it with soppes.

To

To boyle a Capon.

PUt the Capon into the powder Beefe pot, & when you thinke it almost tender, take a little pot and put therein halfe water and halfe Wine, Marrow, Currans, Dates, whole Mace, Verjuyce, Pepper, and a little Time.

Another way to boyle a Capon.

SEeth the Capon it selfe in water and salt and nothing else, and to make the broth, take strong broth made with Beefe or Mutton broth, so that it be strong broth, and put into it Rosemary, Parsly and Time, with 4. leaues of Sage, this let seeth in it a good while, and then put into it small raisins and a few whole Mace. A quarter of an houre before it be ready to be taken from the fire, haue ready sodden 4. or 5. egges boyled hard, take nothing out but the yolkes, straine the egges with a little of the same broth and verjuyce, haue a little marrow cut in small peeces, and if that time of yeere doe serue, take the best of Lettice, cutting off the tops to the best, and take a few Prunes with two or three Dates. Thus let it seeth a quarter of an houre or more, and when it is ready to take vp, haue your dish with sops ready and the water well strained out of the Capon,

and

and then season the broath with a little Pepper then take it and dish it, and scrape vpon it a little Suger laying the Prunes round about the dish side.

To boyle a Capon with sirrop.

BOyle your Capon in sweet broath, and put in grosse Pepper and whole Mace into the Capons belly and make your sirrop with Spinage, white wine and Currans, Suger, Sinamon and Ginger, and sweete Butter and so let them boyle. & when your Capon is ready to serue, put the sirrop on the Capon, and boyle your Spinage before you make your sirrop.

To boyle a Capon with Orenges and Lemmons.

TAke Orenges and lemmons pilled, and cut them the long way, and if you can, keepe your Cloues whole, and put them into your best broth of Mutton or Capon, with Prunes or currans and three or foure cakes, and when they haue beene well sodden, put whole Pepper great Mace, a great peece of suger, some Rose water, and either white or Claret wine, and let all these seeth together a while, and serue it vpon soppes with your Capon.

To

To boyle a Capon in white broth with Almonds.

TAke your Capon with Marrow bones, and set them on the fire, and when they be cleane skimmed, take the fattest of the broth, and put in a little pot with a good deale of Marrow, Prunes, raysins, Dates, whole Mace, and a pinte of white Wine, then blanch your Almonds and straine them, with them thicken your pot, and let it seeth a good while. and when it is enough serue it vpon sops with your Capon.

To boyle a Capon in white broth.

TAke a good Capon and scalde him. then trusse him, and when he is faire washed put him into your pot, and take a good Marrow bone or two, or if you haue no marrow-bones take a necke of Mutton, and when your Capon is halfe boyled take a pottle of the vppermost of your broth and put it into a faire Posnet, then take 2. handfuls of fine Currans and eight Dates, cut euery one of them in foure peces, and foure or fiue whole Mace, foure spoone fuls of Vergice, and so much Suger as an Egge, a little Lime. and a little Parsly, and a little Margerum, and if you haue no Margerum then one small sprig of

of Rose-mary, binde all your hearbes fast together, and when you haue cleane washed them, put to the saide hearbes Suger, Currans, Mace, and Verjuyce into your poinct, and a grated Nutmeg, and let them boyle all together, and when it is almost inough, haue a small handfull of Almonds blanched, beaten and strained with a little of the same liquor, and put that into your broth a good quarter of an houre before you take it vp, and that will make it white, you must also put in some good pecces of marrow, and let not the marrow and the Dates seeth aboue halfe an houre, you must take a good handful of Prunes, and tye them in cleane clothes, and seeth them in the broth where the Capon is, when you take vp your Capon to serue it in, lay a few sippits, in the bottome of your platter, and lay a few Prunes and Barberies both about the brim of the platter, and also vpon the Capon: you may boyle Chickins in the like sort.

To boyle Pigeons in black-broth.

FIrst roast them a little, then put them in an earthen pot, with a little quantity of sweet broath, then take Onyons and slice them, and set them on the coales with some Butter, to take away the scent of them, put them

them into the Pigeons, and leyze it with a tosse of Bread, drawne with vineger, then put some sweet hearbes halfe cut, and Sinamon, Ginger, and grosse Pepper, let them boyle, season them with salt, serue them vpon sops, and garnish them with Sewit.

To boyle Muggets.

FIrst perboyle them, and take White and chop them both together, and put Currans, Dates, Sinamon, Ginger, Cloues, and Mace, grosse Pepper, and Suger if you will, two or three yolkes of Egges, and seeth them together, with salt, and put in the stuffe into the cawles of Mutton, then put them in dishes, and take two or three Egges whites all, putting them on the Cawles, and make some pretty sauce for them.

To boyle Pye meate.

TAke a leg of Mutton, and mince it very fine with se wit, and seeth it in a little pan or an earthen pot with butter, and season it with Cloues, and Mace, great Raysins, Prunes, and salt, and serue it in a dish, and if you will put in some juyce of Orenges, laying halfe an Orenge vpon it.

To make boyled meate after the French manner.

TAke Pigions and lard them, and then put them on a Broach, and let them be halfe roſted, then take them off the Broach, and make a Pudding of ſweete hearbes of euery ſorte a good handfull, and chop Orewhite amongſt the hearbes very ſmall, and take the yolkes of fiue or ſixe Egges, and grated bread, and ſeaſon it with Pepper, Sinamon and Ginger, Cloues and Mace. Suger and Currans. and mingle all together, and then put the ſtuffe on the Pigeons, round about, and then put the Pigeons into the Cabbedges that be perboyled, and binde the Cabbedge faſt to the Pigeons, and then put them into the pot where you meane to boyle them. and put in Beefe broth into them and Cabbedges chopped ſmall, and ſo let them boyle, and put in Pepper, Cloues and Mace, and pricke the Pigeons full of Cloues before you put the Pudding on them. and put a parte of Butter, Sinamon and Ginger, and a little Vineger and white Wine & ſo ſerue them vp, and garniſh them with fruit, and ſerue one in a diſh, and but a little of the broth you muſt put into the diſh, when you ſerue them vp.

To

To boyle Teales.

TAke ſwéet broth and Onyons, and ſhred them, and Spinage, then put in Butter and Pepper, & leyze it with toaſtes of Bread, with a little Verjuyce, and ſo ſerue it on ſoppes.

To boyle Plouers.

YOu muſt ſtraine your ſwéete broth into a pipkin, & ſet them ou the fire, and when they boyle, you muſt ſkim them, then put in a péece of Butter, & a good deale of Spinage, and a little Parſly, and a péece of Carret rote cut very ſmall, and a few Currans, and ſo let them boyle, and all manner of Spices, and a little white Wine, & a little Verjuyce, and ſo ſerue them vpon ſops.

To boyle Quailes.

FIrſt put them into a pot with ſwéete broth, and ſet them on the fire and then take a Carret rote, and cut it in péces and put it into the pot, then Parſly with ſwéete hearbes, and chop them a little and put them into the pot, then take Sinamon, Ginger, Nutmegs and Pepper, and put in a little Verjuyce, and ſo ſeaſon it with Salt, ſerue them vpon ſoppes, and garniſh them with fruit.

To boyle Larkes.

TAke ſweete bread, and ſtraine it into a pipkin, then ſet it on the fire and put in a peece of Butter, ſkim it as cleane as you can and put in Spinage and Endiue, cut it a little and ſo let it boyle, then put in Pepper, Cloues, Mace, Cinamon, Ginger and a little Verjuyce, and when you ſerue them vp, lay ſoppes in the diſh.

To make a Mortis.

TAke Almonds and blaunch them, and beate them in a mozter, then boyle a Chicken, and take all the fleſh off him and beat it, and ſtraine all together with Milke & water, and put them into a pot, and put in Suger, and ſtir them ſtill, and when it hath boyled a good while, take it off, and ſet it a cooling in a payle of water, and ſtraine it againe with Roſe water into a diſh.

For Stew'd Meates.

To ſtew Steakes betweene two diſhes.

YOu muſt put Parſly, Currans, Butter, Verjuyce, and 2. or 3. yolkes of Egges, Pepper, Cloues and Mace, and ſo let them boyle together, and ſerue them vpon ſops.

To

To ſtew Steakes of Mutton.

TAke a peece of Mutton and cut it in peeces, waſh it very cleane, and put it into a faire pot with Ale, or with halfe wine, then make it boyle, and ſkim it cleane, and put into your pot, a faggot of Roſemary & Time, then take ſome Parſly picked fine, and ſome Onyons cut round and let them all boyle together, then take Prunes, Raiſins, Dates and Currans, let it boyle all together, and ſeaſon it with Sinamon, Ginger, Nutmegs two or three Cloues and Salt, and ſo ſerue it on ſops and garniſh it with fruit.

To ſtew Calues feete.

TAke Calues feete faire blanched, and put them in the halfe, and when they be more then halfe boyled put to them great Raiſins, Mutton broth a little Saffron, and ſweete Butter, Pepper, Ginger, and ſome ſweete hearbes finely minced: boyle Calues feete, ſhapes feete, or Lambes feet with Mutton broth, ſweete hearbes and Onyons chopped fine, Butter & Pepper and when they boyle, take the yolke of an Egge and ſtraine it with Verjuyce, and ſo ſerue it.

To ſtew a Mallard.

TAke a Mallard, and ſcath him in faire water, with a good Marie-bone, and in

Cabbedge wort, or Cabbedge lettice, or both or some Parsnep rotes, and Carret rotes, and when all these be well sodden, put in Prunes enough, and three Dates, and season him with Salt, Cloues and Mace, and a little Suger and pepper, and then serue it forth with sippets, and put the marrow vpon them, and the Dates quartered, then the Prunes, and the rotes cut in round slices, and lay them vpon the sippets also, & the Cabbedge leaues lay vpon the Mallard.

To stew a Cocke.

YOu must cut him in fiue peeces, & wash him cleane, then take Prunes, Currans and Dates, cut very small & Raisins of the Sunne, and Suger beaten very small, Sinamon, Ginger and Nutmegs likewise beaten, and a little Mayden hayre cut very smal, then you must put him in a Pipkin, and put in almost a pinte of Muskadine, and then your Spice and Suger vpon your Cocke, and put in your fruite betweene euery quarter, and a peece of Colde betwixt euery peece of your Cocke, then you must make a Lid of Wood fit for your pipkin, and close it as close as you can with paste, that no ayre come out, nor water can come in, and then you

you must fill two brasse pots, so that the pipkins fete touch not the brasse pot bottome nor the pot sides, and so let them boyle 24. houres, and fill vp the pot still as it boyles away, with the other pot that stands by, and when it is boyled take out your Goate, and let him drinke it fasting, and it shall helpe him, this is approued.

To sowce a Pigge.

TAke white Wine, and a little sweete broth, and halfe a score Nutmegs cut in quarters, then take Rosemary, Bayes, Time, and sweete Margerum, and let them boyle together, skim them very cleane and when they be boyled, put them into an earthen pan, and the sirrop also, and when you serue them, put a quarter in a dish, and the Bayes and Nutmegs on the top.

For Roast Meates.

To make Aloes.

TAke a Leg of Veale or Mutton and slice it in thinne slices, and lay them in a platter and cast on Salt, and put thereon the yolkes of tenne Eggs, and a great store of small Raysins and Dates finely minced, then

take vineger and a little Saffron, Cloues and Mace, and a little Pepper, and mingle it together, and powre it all about it, and then all to worke it together, and when it is thorowly seasoned put it on a spit, and set platters vnderneath it, and baste it with Butter and then make a sauce with Vineger, Ginger and Suger, and lay the Aloes vpon it and so serue it in.

To make a Pudding in a brest of Veale.

TAke Parsly and Time, wash them, pick them and chop them small, then take 8. yolkes of Egges, grated Bread, and halfe a pinte of Creame being very sweet, then season it with Pepper, Cloues and Mace, Saffron and Suger, small Raisins and salt, put it in and roste it and so serue it.

To roste Deares tongues.

TAke Deares tongues and larde them, and serue them with swéete sauce.

To roste a Hare.

VVAsh her in faire water, perboyle her, then lay her in colde water, then larde her and rost her, and for sauce take Red wine, Salt, Vineger, Ginger, Pepper, Cloues and Mace, put these together, then mince Onyons and Apples, and fry them in a pan, then put your sauce to them with a little

little Suger, and let them boyle together, and then ſerue it.

Another way to roſte a Hare.

YOu muſt not cut off her head, taſte nor eares, but make a Pudding in her belly, and put paper about her eares that they burne not, and when the Hare is roſted you muſt take Sinamon and Ginger, and grated bread, and you muſt make very ſweet ſauce, then put in ſome Barberies and let them boyle all together.

To roſte a Carpe or Tench with a Pudding in his belly.

TAke the Rones of a Pike, and chop them very ſmall, then put in grated bread two or three Egges, Currans, Dates, Suger, Sinamon, Ginger, Mace, Pepper and Salt; and put it in his belly, and put him on a broach, and make ſweet ſauce with Barberies, or Lemmons minced, and when the Carpe is roſted, put it on the Carpe, and ſo ſerue it vp.

A Sauce for a Cony.

CUt Onyons in rundels, and fry them in Butter, then put to them wine vinegar, Salt, Ginger, Camomill and Pepper, and a little Suger, and let it boyle till it be good and faſt, then ſerue it vpon the Cony.

For

For Bak'd Meates.

To bake a Gammon of Bacon.

TAke a Gammon of Bacon, water it fiue dayes, and perboyle him halfe enough, and lay him in preſſe, then take the ſwerde of him and ſtuffe him with Cloues, and ſeaſon him with Pepper and Saffron and cloſed vp in a ſtanding Pye, bake him, and ſo ſerue him.

To bake a Gammon of Bacon to keepe colde.

YOu muſt firſt boyle him a quarter of an houre before you ſtuffe him, then ſtuffe him with ſweete Herbes and hard Egges chopped together, or Parſly.

To bake a fillet of Beefe to keepe cold.

MInce him very ſmall, and ſeaſon him with Pepper and Salt, and make him vp together accordingly and put them into your pye, and larde them very thicke.

To bake fillets of Beefe or clods, in ſtead of red Deere.

FIrſt take your Beefe and Larde it very thicke, then ſeaſon it with Pepper and Salt, Cinamon and Ginger, Cloues and Mace good ſtore, with a great deale more

quantity

quantity of Pepper and Salt, then you would a peece of Venison, then couer it vp in paste and when it is baked, take Vineger, Sugar, Sinamon and Ginger, and put in it, then shake the Pastie, and stop it close, and let it stand aknott a fortnight before you cut it vp.

To bake a Neates tongue.

FIrst powder the Tongue three or foure dayes, and then seeth it in faire water, then blanch it and Lard it, and season it with a little Pepper and Salt, then bake it in Rye paste and before you close vp your Pye, strew vpon the Tongue a good quantity of Cloues and Mace beaten into powder, and vpon that halfe a pound of Butter, then close vp your Pye very close, but make a round hole in the top of the pye. Then when it hath stood more then foure houres in the Oven, you must put in halfe a pinte of Vineger or more, and whilst the Vineger is sharpe close vp the hole very close with a peece of paste, and so set it into the Oven againe.

To make a Pye to keepe long.

FIrst pecke your flesh and powlcat, and when it is powled, season it with Pepper and salt, whilst it is hot, then lard it, make

your paste of Rie flower, it must be very thicke or else it will not holde, when it is seasoned and larded, lay it in your Pye, then cast on it before you close it a good deale of Cloues and Mace beaten small, and throw vpon that a good deale of Butter, and so close it vp, you must leaue a hole in the top of the lid, and when it hath vsed the ouens in the Ouen you must fill it as full of Vineger as you can, then stop the hole as close as you can with paste, and then set it into the Ouen again, your Ouen must be very hote as at first, and then your Pyes will keepe a great while, the longer you keepe them, the better they will be: when they be taken out of the Ouen and almost cold, you must shake them bet weene your hands, and set them with the bottome vpward, and when you set them into the Ouen, take great heede that one pye touch not another by more then ones hand breedth: Remember also to let them stand in the Ouen after the vineger be in two houres and more.

To bake Calues feete.

TAke Calues feete and boyle them, and chop them fine, and a pound of Nuts, and chop it with them, then chop an Onyon small and put it in them, then take Prunes,

Dates

Dates and Currans, and put to them, season them with Pepper, Nutmeges, and a little large Mace, then put in some Egges, and stirre it al together, and put it into a Pie, and let it bake two houres, then put in a little verjuyce and Suger, and so serve it.

Another way to bake Calues feete.

Season them with Salt, Pepper, Butter, and Currans if you will, and when they be baked put in a little white Wine and Suger, or Vineger and Sugar, or Verjuyce and Suger.

To bake a Leg of Veale.

Take a Leg of Veale, and cut it in slices, and beate it with the backe of a knife, then take Time, Margerum, Penityall, Savery and Parsly, and one Onyon, chop them all together very small, then breake in some Egges whites and all, and putting in your hearbes, season it with Pepper, Nutmegs & Salt, and a little Suger, then stir them al together, and so wrap them up like Rolls, and cast a few Currans, and Dates, with Butter amongst them.

Another bak't meate.

Take two pound of White, and a little Veale, and mince it together, then take a little Penityall, Savery, Margerum, and vnset

vnset Lekes, chop them fine, and put in some Egges, and some Creame, then stirre it all well together, and season it with Pepper, Nutmegs and Salt, then put it into the pye, and cut the Lid, and let it bake till it be dry, then serue it.

To bake a Brest of Veale.

TAke and breake the bones thereof in the middest, and perboyle him, then take out the bones, and season him with Pepper and Salt, and lay him in the coffin with a little sweete Butter, and close him vp, then make a Caudle of the yolkes of Egges, and straine it, and then boyle it on a Chasing dish of coales, and somon it with Suger, and so put it in the pye, and set it into the Ouen againe.

To bake a Leg of Lambe.

TAke a legge of Lambe, and cut out all the flesh, and saue the skin whole, then mince it fine, and White with it, then put in grated Bread and some Egges whites and all, and some Dates and Currans, then season it with some Pepper, Cinamon, Ginger and some Nutmeges, and Carrawaies and a little Creame, and temper it all together, then put it into the Leg of Lambe againe, and let it bake a little before you put it into your

your Pye, and when you haue put it into your Pye, then put a little of the pudding about it and when is almost baked, then put in Verjuyce, Sugar and sweete Butter, and so serue it.

To bake a Turkie, and take out his bones.

TAke a fat Turkie, and after you haue scalded him and washed him cleane lay him vpon a faire cloth, and slit him throughout the backe, and when you haue taken out his garbadge then you must take out his bones so bare as you can, when you haue so done, wash him cleane, then trusse him, and pricke his backe together, and so haue a faire kettle of seething water, and perboyle him a little, then take him vp that the water may runne cleane out from him, and when he is colde, season him with Pepper and Salt, and then pricke him with a few Cloues in the brest, and also drawe him with Larde if you like of it and when you haue made the coffin and layd your Turkie in it, then you must put some Butter in it, and so close him vp in this sort you may bake a Goose, Pheasant or Capon.

To

To bake a Cony.

SEason him with Pepper and Salt, and put in Butter and Currans, and when it is baked, put in a little Verjuyce and Sugar into the Pye, and serue it vp.

To bake Conyes.

HAue fine paste ready, wash your Conies and perboyle them, and cast them into colde water, then season them with salt and Ginger, lay them into the Paste, and vpon them lay leached larde, close them and bake them.

To bake a Hare.

TAke your Hare and perboyle him, and mince him, & then beate him in a morter very fine, Liuer and all if you will and season it with all kinde of Spices and salte and doe him together with the yolkes of seauen or eight Egges, and when you haue made him vp together, draw larde very thicke through him, and mingle them all together, and put him in your pye, and put in Butter before you close him vp.

To bake a kidde.

TAke your Kidde and perboyle him, and wash it in Verjuyce and Saffron, and season it with pepper, salt and a little Mace, then lay it in your coffin with sweet Butter, and

and the liquor it was ſeaſoned in, and ſo bake it.

To make a Veale Pye.

LEt your Veale boyle a good while, and when it is boyled, mince it by it ſelfe, and the White by it ſelfe, and ſeaſon it with Salt, Pepper, Sinamon, Ginger, Suger, Cloues and Mace, and you muſt alſo haue Prunes, Raiſins, Dates and Currans, on the top.

To make Mutton Pyes.

MInce your Mutton and your white together, and when it is minced, ſeaſon it with Pepper, Sinamon Ginger, Cloues, Mace, Prunes, Currans, Dates, Raiſins, and hard Egges boyled and chopped very ſmall, and throw them on the top, and ſo bake it.

To bake a Mallard.

TAke three or foure Onyons, and ſtampe them in a morter, then ſtraine them with a ſaucer full of verjuyce, then take your Mallard, and put him into the juyce of the ſaide Onyons, and ſeaſon him with Pepper, and Salt, Cloues and Mace, then put your Mallard into the coffin with the ſaid juyce of the Onyons, and a good quantity of Winter ſauorie, a little Time and Parſly chopped

small, and sweete Butter, so close it vp, and bake it.

To make a Pye of Humbles.

TAke your Humbles being perboyled and chop them very small with a good quantity of Mutton sewet, and halfe a handfull of these hearbs following, Time, marjerum, Sauage, Parsly and a little Rosemary, and season the same, being chopped with Pepper, Cloues and Mace, and so close your Pye and bake him.

Another way to bake the humbles of a Deere.

MInce them very small, & season them with Pepper, Sinamon, Ginger and Suger if you will, and Cloues, Mace, dates and Currans, & if you will mince Almonds, and put vnto them, and when it is baked, you must put in fine fatte, and put in suger, Sinamon and Ginger, letting it boyle and when it is minced put them together.

To bake Red Deere.

TAke a handfull of Time, and a handfull of Rosemary, a handfull of winter Sauery, a handfull of Bay leaues, & a handfull of Fennell, & when your liquor seeths that you perboyle your Venison in, put in your hearbes also, and perboyle your Venison vntill

vntill it be halfe enough, then take it out and lay it vpon a faire boarde that the water may runne out from it, then take a knife and prick it ful of holes, and while it is warme, haue a faire Tray with Vineger therein, and so put your Venison therein, from morning vntill night, and euer now and then turne it vpside downe. and then at night haue your Coffin ready, and this done, season it with Sinamon, Ginger, Nutmegs, Pepper and Salt, and when you haue seasoned it, put it into your Coffin, and put a good quantity of sweete Butter into it, and put it into the Ouen at night when you goe to bed, and in the morning draw it forth, and put in a saucer full of Vineger into your Pye, at a hole aboue in the top of it, so that the Vineger may runne into euery place of it, & then stop the hole againe and turne the bottoms vpward, and so serue it in.

To bake Chickins.

FIrst season your Chickins with Sugar, Sinamon and Ginger, and so lay them in your Pye, then put in vpon them Gooseberies or Grapes, or Barberies, then put in some sweete Butter, and close them vp, and when they be almost baked, then put in a

Cawdle made with hard Egges, and white Wine, and serue it.

To bake Chickins.

SEason them with Salt and Pepper, and put in Butter and so let them bake, and when they be baked, boyle a few Barberies, Prunes and Currans, & take a little white Wine or Verjuyce, and let it boyle, and put in a little Suger, and set it on the fire a little, and straine in two or three yolkes of Egges into the wine, and when you take the dish off the fire put the Prunes, Currans and Barberies into the dish, then put them in all together into the Pye of Chickins.

To make Marrow Pyes.

MAke fine paste and put in the white of one Egge and Suger and when they are made in little coffins, set them into the Ouen vpon a paper a little while, then take them out and put in marrow, and so close them vp and pricke them, and set them in againe, and when they are broken serue them with blanch powder strewed vpon them.

To bake Pigeons.

SEason them with Pepper and Salt and Butter.

To make a Florentine.

TAke the kidneys of a loyne of Veale, that is rosted, and when it is colde, shred it fine and grate as it were halfe a Manchet very fine, and take eight yolks of Eggs and a handfull of Currans, and 8. Dates finely shred, a little Cinamon, and Ginger, a little Suger and a little Salt, and mingle them with the kidneys, then take a handfull of fine flower and two yolkes of Eggs, and as much Butter as two Eggs, and put into your flower, then take a little sweet thing liquor and make your paste, & drive it abroad very thin, then stroke your dish with a little butter, and lay your paste in a dish, and fil it with your meate, then draw another sheete of paste, thinne and cover it withall, cut it handsomly upon the top, and by the sides, and then put it into the Oven, and when it is halfe baked, draw it out, and take two or three feathers, and a little Rosewater, and wet all the Cover with it, and have a handfull of Suger finely beaten, and strew upon it, and see that the Rosewater wet in every place, and so set it in the Oven againe, and that will make a faire Ice upon it: if your Oven be not hot enough to reare up your Ice, then put a little fire in the ovens mouth.

To make Butter paſte.

TAke flower, and ſeaues of eight Egges, colde Butter, and faire water or Roſe water and Spices if you will, then make your Paſte, and beat it on a bord, and when you haue ſo done, deuide it into two or three parters, and driue out the peece with a rowling Pinne, and doe with Butter one peece by another, and then folde vp your Paſte vpon the Butter, and driue it out againe, and ſo doe fiue or ſixe times together, and cut ſome for bearings, and put them into the Ouen, and when they be baked ſcrape Suger on them, and ſo ſerue them vp.

To make good Resbones.

TAke a quart of fine Flower, lay it vpon a fine borde, and make a hole in the middeſt of the Flower with your hand, and put a ſpoonefull of Ale yeaſt thereon, and ten yolkes of Egges, and two ſpoonefuls of Sinamon, and one of Ginger, one of Cloues and Mace, and a quarterne of Suger finely beaten, a little Saffron, and halfe a ſpoonefull of Salt, then take a diſh full of Butter, melt it, and put into your flower, and therewithall make your Paſte, as it were for Manchet, and molde it a good while, and cut it in peeces of the bigneſſe of Duckes Eggs,

and

and so molde euery peece as a Manchet. and make then after the fashion of an inckhorne broad aboue and narrow beneath, then set them in the Ouen, and let them bake three quarters of an houre, then take two dishes of Butter and clarifie it vpon a soft fire, then draw it out of the Ouen and scrape the bottome of them faire and cleane, and cut them ouerthwart in foure peeces, and put them in a faire charger, and put your clarified Butter vpon them, and haue Sinamon and Ginger ready by you, and suger beaten very small, and ming'e all together, and euer as you set your peeces together cast some of your Suger, Sinamon and Ginger vpon them, when you haue set them all vp, lay them in a faire platter, and put a little butter vpon them, then cast a little Suger on them; and so serue them.

To make a Vaunt.

TAke marrow of Beefe, as much as you can holde in both your handes. cut it as bigge as great Dice, then take Dates and cut them the bignes of small Dice, and then take some forty Prunes, and cut the fruite from the stones, then take a halfe a handfull of small Raysins wash them cleane and picke them, and put your marrow in a faire

platter and your Dates, Prunes and small Raysins, then take twenty yolkes of Eggs, and put in your stuffe before rehearsed, then bake a quartern of Suger or more, and beate it small, and put in your marrow, then take two spoonfuls of Sinamon and a spoonfull of Ginger, and put them to your stuffe and mingle them altogether, then take eight yolkes of Eggs, and foure spoonfuls of Rosewater, straine them and put a little Suger in it, then take a fayre frying panne and put in a little peece of Butter in it, as much as a Walnut and set it upon a good fire, and when it looketh almost blacke, put it out of your pan, and as fast as you can, put halfe of your Eggs in the midst of your pan, and fry it yellow, and when it is fryed, put it into a faire dish, and put your stuffe therein, and spread it on the bottome of your dish, and then make another Vaunt euen as ye made the other, and set it upon a faire bord, cut it in prety peeces, of the length of your middle finger, as long as your vaunt is, and lay it upon your stuffe after the fashion of a little Window, and then cut off the ends of them, as much as lyeth without the inward compasse of the dish, then set the dish with in the Ouen, or in a baking pan, and let it bake

with

with leyſure, and when it is baked enough, the Marrow will come faire out of the Vaunt to the brim of the diſh, then draw it out and caſt a little Suger on it, and ſo ſerue it in.

To make a ſirrop for bak'd meates.

TAke Ginger, Cloues, Mace, and Nutmegs, beate all theſe together very fine, and boyle them in good red Vineger, vntill it be ſomwhat thicke, this being done, drawe your Pye, when it is hard baked and a ſmall hole being made in the couer thereof at the firſt, with a Tunnell of paſte you muſt powre the ſirrop into the Pye, that done couer the hole with paſte, and ſhog the Pye well, and ſet it againe in the Ouen till it be thoroughly baked, and when you haue drawne it, turne the buttome vntill it be ſerued.

To make fine Craknels.

TAke fine Flower and a good quantity of Egs as many, as will ſupple the howers then take almuch Suger as will ſweeten the paſte, and if you will not be at the coſte to raiſe it with Eggas, then put thereto ſweete water, Synamon and a good quantity of Nutmegs & Mace, according to your bread, take a good quantity of Annis ds, and let all

this

this be mingled with your flower, and at the putting in your Egges or other mayſture, then ſet on your water, & let it be at ſcething heat: you put in your Cracknels in it, they will goe to the bottome, and at their riſing take them out and dry them with a cloth, then bake them.

To make fine Biſket-bread.

TAke a pound of fine flower, and a pound of ſuger, mingle it together, and a quarter of a pound of Anniſeedes, foure Egges, two or three ſpoonefuls of Roſewater, put all theſe into an earthen Panne, and with a ſlice of Wood beate it the ſpace of two houres, then fill your moldes halfefull; (your moldes muſt be of Tinne) and then ſet it into the Ouen, your Ouen being ſo hot as it were for Cheate bread, and let it ſtand one houre and a halfe. you muſt annoynt your moldes with Butter before you put in your ſtuffe, and when you will vſe any of it, ſlice it thinne, and dry it in the Ouen, your Ouen being no hotter then you may abide your hand in the bottome.

Another to make fine Biſket-bread.

FIrſt take halfe a Pecke of fine White flower, alſo eight new layde Egges, the whites and yolkes beaten together, then put the

the said Egges into the Flower, then take eight Graines of fine Mace, and stampe it in a morter, then put halfe a pinte of good Damask water or else Rosewater into the Mace, and mingle it together, and put it into Wine or Muscadine, but Muskadine is better, and put it into the Flower, also one ounce of good Annisseedes cleane picked and put therein, and so to worke them all together into a Paste, as yee doe bread, and then make your Bisknets into what fashion you thinke best, and then put them into an ouen, and bake them hard if you will keepe them long, or else but indifferent: If you will haue it candite, take Rosewater and Suger, and boyle them together till they be thicke, and so like sices of bread, set it hote in the Ouen vntill the same be candite.

To make fine Bread.

TAke halfe a pound of fine Suger well beaten, and so much Flower, and put thereto the whites of foure Eggs, and being very well beaten, you must mingle them with Annisseedes bruised, and being all beaten together, put it into your molde, melting the same ouer first with with a little Butter, and so set it in the Ouen, then turne it twice or thrice in the baking.

To

For Tartes.

To make all manner of Fruite Tartes.

YOu must boyle your Fruite, whether it be apple, Cherry, peach Damson, Peare, Mulbery or Codling in faire water, and when they be boyled enough, put them into a bowle, and bruise them with a Lodle, and when they be colde, strame them, and put in red Wine, or claret Wine, and so season it with Suger, Sinamon and Ginger.

To make a Tarte of Costards.

YOu must take halfe a hundreth of Costards, and pare them, and cut them, and assoone as you haue cut them, put them into a pot, and put in two or three pound of Suger, and a pinte of water, and a little Rose water, and stirre them from the time you put them in, vntill the time you take them out againe, or else you may also put it into a dish, and when your Tarte is made, put it into the Ouen, and when it is baked, endore it with Butter, and throw Suger on the top and then doe on your sauce, and set Comfeit on the top and so serue it vp.

To make a Tarte of Wardens.

YOu must bake your Wardens first in a Pye, and then take all the wardens and cut them in foure quarters, and coare them, and put them into a Tarte pinched, with your Suger, and season them with Suger, Sinamon and Ginger, and set them in the Ouen. and put no couer on them. but you must cut a couer, and lay on the Tart when it is baked. and butter the Tart and the couer too and endoze it with Suger.

To bake Quinces, Peares, or Wardens.

TAke and pare and coare them, then make your paste with faire water, and Butter e the yolke of 1. Eggs, then set your Quinces into the paste, and then bake it well, fill your paste almost full with Sinamon, Ginger and Suger. Also Apples must be taken after the same sort, sauing that whereas the core should be cut out they must be filled with Butter euery one, the hardest Apples are best, and likewise are Peares and Wardens, but none of them all but the Wardens may bee perboyled, and the Ouen must bee of a temperate heate: for two houres to stand is enough.

To

To make a close Tarte of greene Pease.

TAke halfe a pecke of greene Pease, shaile them and scath them, and cast them into a Cullender, and let the water goe from them, then put them into the Tarte whole, and season them with Pepper, Saffron and salt, and a dish of sweete Butter, close and bake him almost an houre, then draw him and put to him a little Verjuyce, and shake them and set them into the Ouen againe, and so serue it.

To make a Tarte of Rice.

BOyle your Rice, and put in the yolkes of two or three Egges into the Rice and when it is boyled, put it into a dish and season it with Suger, Sinamon, Ginger, and Butter, and the juyce of two or three Orenges, and set it on the fire againe.

To make a Tarte of Prunes.

PUt your Prunes into a pot, and put in Red wine or Claret wine, and a little faire water, and stirre them now and then, and when they be boyled enough, put them into a bowle, and straine them with Suger, Sinamon and Ginger.

To make a Tarte of Medlars.

TAke Medlars that be rotten and stampe them, then set them vpon a Chasingdish with

with coles, and beat in two yolkes of Eggs, boyling it till it bee somewhat thicke, then season them with Suger, Sinamon and Ginger, and lay it in paste.

To make a Tarte of Damsons.

TAke Damsons, and seeth them in wine, and straine them with a little Cr. ame, then boyle your stuffe ouer the fire till it bee thicke, put thereto Suger, Sinamon and Ginger, but set it not into the Ouen after, but let your paste be baked before.

To make a close Tarte of Cherries.

TAke out the stones, & lay them as whole as you can in a Charger, and put Mustard, Sinamon and Ginger into them, and lay them in a Tarte whole, and close them, then let them stand three quarters of an houre in the Ouen, and then make a strop of Muskadine, and Damaske water and Suger, and so serue it.

To make a Tarte of Strawberies.

TAke Strawberies, and wash them in Claret wine, thicken and temper them with Rosewater, and season them with Sinamon, Suger and Ginger, and spread it on the Tarte, and endore the sides with Butter, and cast on Suger and Biskets, and serue them so.

To

To make a Tarte of Strawberies.

VVAsh your Strawberies, and put them into your Tarte, then season them with Suger, Sinamon and Ginger, and put in a little red Wine into them.

To make a Tarte of Hyppes.

TAke Hyppes and cut them, and take the seede out, and wash them very cleane, and put them into your Tarte, and season them with Suger, Sinamon and Ginger.

Likewise so you must preserue them with Suger, Sinamon and Ginger, and put them into a gelly pot close.

To make a Tarte of Spinage.

BOyle your Egges and your Creame together, and then put them into a bowle, and then boyle your Spinage, and when they are bhyled, take them out of the water and straine them into your stuffe before you straine your Creame, boyle your stuffe and then straine them all again, and season them with Suger and Salt.

Another way to make a Tarte of Spinage.

TAke Spinage and lyth it stalke and all, and when it is thorerly sodden, take it off, and let it draine in a Cullender, and then swing it in a cloth, stampe it and straine it with

with two or three yolkes of Egges, and then set it on a Chafingdish of coales, and season it with Butter and Suger, and when the Paste is hardened in the Ouen put in this Comode, and stroke it euen.

To make a Tarte with Butter and Egges.

BReake your Egges and take the yolkes of them, and take Butter and melt it, letting it be very hotte ready to boyle, then put the Butter into your Egges, and so straine them into a bowle, and season them with Suger and Salt.

To make a Tarte of an eare of Veale.

TAke two pound of great Raysins, and wash them cleane, picke them, and take the stones out of them, then take two Kidneys of Veale, and a peece of the Leg which is leane, and boyle them al together in a pot with the straint of the broth of Mutton, and boyling it let it boyle the space of an houre, then take it vp and chop it fine, and temper it with crums of Bread finely grated, and take 9. yolkes of Egges, temper them all together, and season them with Sinamon, Ginger, Suger, small Raysins, great Raysins minced, Dates and Saffron, then take fine flower and water, and three yolkes of

Eggs, Butter and Saffron, and make them like a round Tarte, close with a couer of the same paste, and set it in the Ouen, and let it stand one houre, then take it forth, and endoze it with Butter and cast on powder of Sinamon, Ginger and Suger, and so serue it.

To make a Custard.

BReake your Egges into one bowle, and put your Creame into another, then straine your Egges into the Creame, and put in Saffron, Cloues, Mace, and a little Sinamon and Ginger, and if you will some Suger and Butter, and stirre it with Salt, and melt your Butter, and stirre it with the Ladle a good while, and dub your Custard with Dates or Currans.

To make Oyster Chewets.

TAke a peck of Oysters, and wash them cleane, them sheale them and wash them faire in a Collender, and when they be soden, straine the water from them, and chop them as small as Pye meate, then season them with Pepper, halfe a penny worth of Cloues and Mace, halfe a penny worth of Sinamon and Ginger, and a penyworth of Suger, a little Saffron and Salt, then take a handfull of small Raysins, small Dates minced

minced ſmall, and mingle them al together, then make you Paſte with one peny worth of fine flower, ten yolkes of Egges, halfe a penyworth of Butter, with a little Saffron and boyling water, then raiſe vp your Chewets and put in the bottome of euery one of them a little Butter, and ſo fill them with your ſtuffe, then caſt Prunes, Dates and ſmall Rayſins vpon them and being cloſed, bake them let not your Ouen be to hot, for they will haue but little baking, then draw them, and put into euery one of them two ſpoonefull of Verjuyce and Butter, and ſo ſerue them in.

For Boyl'd Fiſh.

To boyle a Breame.

TAke white Wine, and put it into a pot, and let it ſeeth, then take your Breame and cut him in the middeſt, and put him in, then take an Onyon and chop it ſmall, then take Nutmegs beaten, Sinamon and Ginger, whole Mace, and a pound of Butter, and let it boyle al together, and ſo ſeaſon it with ſalt, ſerue it vpon ſoppes, and garniſh it with fruit.

To boyle Muskles.

TAke water and ſalt, and a good diſh of Butter and Onyons chopt, and a little Pepper, & when it hath boyled a little while, then ſee that your Muskles be cleane waſhed, and put them into the broth ſhels and all, and when they boyled well then ſerue them broth and all.

To boyle Stocke-fiſh.

TAke Stocke-fiſh when it is well watered, and picke out all the baſte cleane from the fiſh, then put it into a pipkin, and put in no more water then will couer it, and ſet it on the fire, and aſſone as it beginneth to boyle on the one ſine, then turne the other ſide to the fire, and aſſone as it beginneth to boyle on the other ſide, take it off and put it into a Cullender, and let the water runne out from it, but put in Salt in the boyling of it then take a little faire water and ſweete Butter, and let it boyle in a diſh vntill it be ſomething thicke, then powre it on the ſtock-fiſh and ſerue it.

To boyle diuers kindes of Fiſh.

BRet, Conger, Thornbacke, Playce, freſh Salmon, all theſe you muſt boyle with a little faire water and Vineger, a little ſalt, and Bay leaues, and ſauce them in Vineger with

with a little of the broath that they are ſodden in and a little Salt, and as you ſée cauſe ſhift your ſauce as you doe Bake in brine: Alſo freſh Sturgion, ſeeth it as is aforeſaid, and ſauce it as yée did the other, and ſo you may kéepe it halfe a yeare with changing of the ſauce: And ſalt Sturgion, ſeeth it in water and Salt and a little Vineger, then let it be colde, and ſerue it forth with Vineger, and a little Fennell vpon it, but firſt ere yée ſeeth it, it muſt be watered.

To make blacke Puddings.

TAke great Otemeale, and lay it in milke to ſteepe, then take Hogs blood and put to it, alſo take Ore white and mince into it, then take a few ſwet hearbes, and 2. or 3. Leeke blades, and chop them very ſmall, and then put in it the yolkes of ſome Eggs, and ſeaſon it with Cinamon, Ginger, Cloues, Mace, Pepper and Salt, and ſo fill them.

To make white Eſtings.

TAke great Otemeale ſteped in milke, and put in the yolkes of ſome Eggs, alſo take Ore white and mince it ſmall, then ſeaſon it with Suger, Cinamon, ginger, cloues, mace, ſaffron and ſalt, and ſo fill them.

To make Sauſedges.

TAke Martinmaſſe Beefe, or if you cannot get it, take freſh Beefe, or the leane of Bacon if you will, and you muſt mince very ſmall that kinde of fleſh that you take, then cut Lard and put into the minced meat and whole Pepper, and the yolkes of ſeauen Egges, mingle them all together, and put the meate into a Gut very ſalt and hang it in the Chuney, where it may dry, and there let it hang a month or two before you take it downe.

To make a Sallet of all kinde of Hearbes.

TAke your hearbes and picke them very fine into faire water, and picke your flowers by themſelues, and waſh them cleane, then ſwing them in a Strayner, and when you put them into a diſh, mingle them with Cowcumbers or Lemmons parzed and ſlyced, alſo ſcrape Suger, and put in Vineger and Oyle, then ſpread the flowers on the top of the Sallet, and with every ſorte of the aforeſaid thinges garniſh the diſh about then, take Eggen boyled hard, and lay about the diſh and vpon the Sallet.

To

To make a Sallet of Lemmons.

CUt out slices of the pæle of the Lemmons long wayes, a quarter of an inch one peece from another, and then slice the Lemmons very thine, and lay him in a dish crosse, and the Pæles about the Lemmons, and scrape a good deale of suger vpon them, and so serue them.

For Fry'd Meates.

To fray Bacon.

TAke Bacon and slice it very thinne, and cut away the Leane, and bruise it with the backe of your knife, and fry it in swæte Butter, and so serue it.

To fry Chickins.

TAke your Chickins and let them boyle in very swæte good broath a pretty while, and take the Chickins out, and quarter them out in peeces, and then put them into a Frying-pan with swæte Butter, and let them stew in the panne, but you must not let them bee browne with frying, and then put out the Butter out of the pan, and then take a little swæte broath, and as much Verjuyce, and the yolkes of two Eggs, and beate them together, and put in a little

Nutmegs Sinamon and Ginger, and Pepper into the sauce and then put them all into the pan to the Chickens, and stirre them together in the pan, and put them into a dish, and serue them vp.

To make Peascods in Lent.

TAke Figs, Raysins and a few Dates, beate them very fine, and season it with Cloues, Mace, Sinamon and ginger, and for your paste seth faire water & Oyle in a dish vpon coales, put there in Saffron, salt and a little Flower, fashion them then like Peascods, and when you will serue them, fry them in Oyle in a frying pan, but let the Oyle be very hot, and the fire soft for burning of them and when you make them for flesh dayes, take a fillet of Veale and mince it fine, & put the yolks of two or three raw Eggs to it, and season it with Pepper, Salt, Cloues, Mace, Pony, Suger, Sinamon, Ginger, smal Raysins or great minced, and for your paste butter and the yolke of an Eggs and season them then fry them in Butter, as ye did the other in Oyle.

To make Fritter-stuffe.

TAke fine Flower, and 3. or 4. Eggs and put into the flower, and a pece of Butter, and let them boyle al together in a dish or

Chafer,

Chafer, and put in Suger, Sinamon, Ginger and Rosewater, and in the boyling put in a little grated Bread to make it big, then put it into a dish and beate it well together, and so put it into your molde, and fry it with clarified Butter, but your butter may not be to hot nor to colde.

A Fritter to bee made in a molde.

TAke Ore white, and mince it fine, then take Dates and mince them fine, also take Currans, Egges, white Bread grated, and season it with Suger Sinamon, ginger, Cloues, Mace and Saffron, and stirre it wel together, then driue a thicke Cake of paste and lay it in the molde, and fill it with the stuffe, and lay another Cake of paste vpon it, then shake it about, and so fry it.

To make Fritters of Spinage.

TAke a good deale of Spinage, and wash it cleane, then boyle it in faire water, and when it is boyled take it forth, and let the water runne from it, then chop it with the backe of a knife, and then put in some Egges and grated Bread, and season with suger, sinamon, ginger, pepper, dates minced fine, and currans, and make them like a ball, and dip them in Batter, made of Ale and flower.

For

For made Dishes.

To make a prety dish with Dates, and the juyce of two or three Orenges.

STraine them into a dish, and so make Chambers of paste vpon a sticke, put the sticks vpon a loafe of Bread, and so dry them in the Ouen, then clarifie a little Butter and fry them in, lay them in a dish, and serue suger on them.

To make a Trifle.

TAke a pinte of thicke Creame, and season it with Suger, Ginger and Rose-water, and stirre it as you would, then hew it, and make it lukewarme in a dish vpon a Chasingdish of coales, and after put it into a siluer pece or a bowle, and so serue it.

To make cast Creame.

TAke milke as it commeth from the cow a quarte or lesse, and put thereto rawe yolkes of Egges, temper the Milke and the Egges together, then set the same vpon a Chasingdish, and stirre it that it Curd not, and so put Suger in it and it will bee like Creame of Almonds, when it is boyled thick enough, cast a little Suger on it, and sprinkle Rose-

Roſewater thereupon, and ſo ſerue it.

To make Blew-manger.

TAke a pinte of Creame, and 12. or 16. yolkes of Egges, and ſtrayne them into it, and ſæth them well, euer ſtirring it with a ſticke that is broad at the end, but before you ſæth it, put in ſuger, and in the ſæthing taſte of it, that you may if nede be put in more ſuger. and when it is almoſt ſodden put in it a litle Roſewater, that it may taſte thereof, and ſæth it well till it be thicke, and then ſtraine it againe. if it hath næd, or elſe put it into a faire Diſh and ſtirre it till it be colde, and take the white of all the Egges, & ſtraine them with a pinte of Creame, and ſæth that with ſuger, and in the end put in Roſewater as into the other, and ſæth it till it be thicke enough, and then vſe it as the other, and when you ſerue it, you may ſerue one Diſh of one and another of the other in rolles, and caſt on Biſkets.

To make Blew-mangle.

TAke all the braine of a Capon, & ſtampe it in a morter fine & blanched Almonds, and ſomtimes put to them Roſewater, then ſeaſon it with powder of Sinamon, Ginger, and Suger and ſo ſerue it vp.

To

To make a Apple moyſe.

ROſte your Apples, and when they be roſted, pill them and ſtraine them into a diſh, and pare a dozen of Appies, and cut them into a Chafer. and put in a little white wine and a little Butter, and let them boyle till they be as ſoft as Pap, and ſtirre them a little, and ſtraine them to ſome Wardens roſted and pilled, and put in Suger, Sinamon and Ginger, then make Diamonds of paſte, and lay them in the Sunne. and ſcrape a little Suger vpon them in the diſh.

To make a Quinces moyſe, or Wardens moyſe.

YOu muſt roſte your Wardens or Quinces, and when they be roſted, pill them, and ſtraine them together, and put in ſuger, Sinamon and Ginger, and put it in a plate, and then ſmoth it with a knife, and ſcrape a little Suger on the top, and marke it finely with a knife.

To make Almond butter.

TAke Almonds and blaunch them, and beate them in a Morter very ſmall, and in the beating. put in a little water, and when they be beaten, powre in water into two Pots, and put halfe into one, and halfe into another, and put in Suger, and ſtirre them

them still, and let them boyle a good while, then straine it through a strayner with Rose water, and so dish it vp.

To make Almond Butter, after the best and newest fashion.

TAke a pound of Almonds or more, and blanch them in cold water, or in warme, as you may haue leysure, after the blanching let them lye one houre in colde water, then stampe them in faire colde water as fine as you can, then put your Almondes in a cloath, and gather your cloath round vp in your handes, and presse out the iuyce as much as you can, if you thinke they be not small enough, beate them againe: and so get out milke so long as you can, then set it ouer the fire, and when it is ready to seeth put in a good quantity of Salt and Rosewater that will turne it, after that is in, let it haue one boyling, then take it from the fire, and cast it abroad vpon a Linnen cloath and vnderneath the cloth scrape off the Whey, so long as it will runne, then put the Butter together into the middest of the cloath, binding the cloath together, and let it hang so long as it will drop, then take peeces of Suger so much as you thinke will make it sweete, and put thereto a little Rosewater, so much as

as will melt the Suger, and so much fine powder off Saffron as you thinke will colour it, then let both your Suger and Saffron shape together in the little quantity of Rosewater, and with that season up your Butter when you will make it.

To make a made dish of Artechokes.

TAke your Artechokes and pare away all the top euen to the meate, & boyle them in sweete broth till they be somewhat tender, then take them out, and put them into a dish, and seth them with Pepper, Sinamon and Ginger, and then put in your dish that you meane to bake them in, and put in marrow to them good store, and so let them bake, and when they be baked, put in a little Vineger and Butter, and sticke three or foure leaues of the Artechokes in the dish when you serue them vp, and scrape Suger vpon the dish.

To make a fresh Cheese and Creame.

TAke a gallon or two of Milke from the Cowe, and seth it, and when it doth seth, put thereunto a quart or two of morning Milke, in faire cleansing pannes, in such as place as no dust may fall therein, and this

this is for your clowted Creame, the nert morning take a quart of mornings milke, and ſeeth it, and when it doth ſeeth, put in a quart of Creame thereunto, and take it off the fire, and put it into a faire earthen pan, and let it ſtand vntill it be ſomewhat blood-warme, but firſt euery night, put a good quantity of Ginger, with Roſewater, and ſtirre it together, and let it ſettle all night, and the nert day put it into your ſaide blood-warme milke to make your Cheeſe come, then put the Curdes into a faire cloth, with a little good Roſewater, and fine powder of Ginger, and a little Suger, ſo faſten great ſoft rowles together with a thread, and cruſh out the Whey with your clowted Creame, and mixe it with fine powder of Ginger and Suger, and ſo ſprinkle it with Roſewater, and put your Cheeſe in a faire diſh, and put theſe clowtes round about it, then take a pints of rawe Milke or Creame, and put it into a Pot, and all to ſhake it, vntill it be gathered into a froath like Snowe, and euer as it commeth, take it off with a ſpoone, and put it into a Cullender, then put it vpon your freſh Cheeſe, and pricke it with Wafers, and ſo ſerue it.

To

To make Marmelet of Quinces.

YOu muſt take a pottle of Water, and foure pound of Suger, and ſo let them boyle together, and when they boyle, you muſt ſkim them as cleane as you can, and you muſt take the whites of two or three Egges, and beate them to froth, and put the froth into the panne for to make the skum to riſe, then skim it as cleane as you can, and then take off the kettle, and put in the Quinces. and let them boyle a good while, and when they boyle you muſt ſtirre them ſtill. and when they be boyled enough you muſt bore them.

Another Marmelet of *Quinces*.

TAke very good Quinces and pare them, and cut them in quarters, then Coare them cleane, but take hede it be not a ſtony Quince, and when you haue pared and coared them, then take two pintes of running water, and put it into a Braſſe-pan, caſting away eight ſpooneſuls of one of the pintes, then weigh three pound of fine Suger, and beat it, put it into the water, and make your fire where you may haue good light, not in a Chimney, then ſet on your panne vpon a Trevet,

Treuct, and when your Suger and water beginneth to boyle, you muſt ſcum it cleane, then put in 6. ſpoonefuls of Roſewater, and if there ariſe any more ſcum, take it off, and ſo put in your 3. pound of Quinces, and let them boyle but ſoftly, & if you ſee the colour ware ſomewhat deepe now and then with a faire ſlice be breaking of them, & when your liquor is well conſumed away, and the colour of your Quinces to grow fairer, then be ſtill ſtirring of it, and when it is enough, you ſhall ſee it riſe from the bottome of your Pan in ſtirring of it, and ſo bore it, and you ſhall haue it to be good Marmelet and a very orient colour: If you will, you may put ſome Muſke into it, ſome Roſewater, and rub your bore withall, it will giue a pretty ſent, and it is a very good way.

To make Condomacke of Quinces.

TAke fiue quartes of running water, and a quart of French wine, put them together, then take Quinces and pare them, and cut them till you come at the Coares, then weigh tenne pound of the Quinces, and put them into your Pan of water and wine, and boyle them ouer a quicke fire, til they be tender, keeping your panne very cloſe couered,

then take a pece of fine Cannaſſe and put your Quinces and liquor in it, & when your ſtroppe is all runne through, put in ſo much fine Suger as will make it ſweete and ſet it over a quicke fire againe, ſtirring with a ſticke till it be ſo thicke, that a drop will ſtand vpon a diſh. then take it from the fire, and put it in boxes.

To make Manus Chriſti.

TAke 6. ſpoonefuls of Roſewater, & graines of Ambergreece, and 24. graines of Pearle beaten very fine put theſe three together in a ſawcer, and couer it cloſe, and let it ſtand couered 1 houre. then take 4. ounces of very fine Suger beaten ſmall & ſearce it through a fine ſearce then take a litle earthen pot glaſed, and put into a ſpoonefull of Suger, and a quarter of a ſpoonefull of Roſewater, then let the ſuger and the Roſewater boyle together ſoftly till it doe riſe and fall againe 3. times. Then take fine Rie flower and ſift it on a ſmooth boord, and with a ſpoone take off the Suger, and the Roſewater, and firſt make it all into a round Cake, and after into little Cakes, & when they be halfe colde, wet them ouer with the ſame Roſewater, and then laying on your golde, ſo ſhall you make very good Manus Chriſti.

The

The Names of all things necessary for a Banquet.

Sugar,
Pepper,
Saffron,
Annisseeds,
Pomegranet,
Rosesoly,
Prunes,
Currans,
Barberies conserued,
Pepper white and browne,
Sinamon,
Nutmegs,
Saunders,
Coliander,
Lemmons,
Rosewater,
Raysins,
Rye flower,
Ginger,
Cloues and Mace.
Liquorice,
All kindes of Comfets,
Orenges,
Damaske water,
Dates,
Cherryes conserued,
Swéet Orenges,
Wafers.

For your Marchpanes, seasoned and vnseasoned Spinages.

For Preserues.

To preserue all kinde of Fruites, that they shall not breake in the preseruing of them.

TAKE a Platter that is plaine in the bottome, and lay Sugar in the bottome, then Cherries or any other fruit, & betwéen

euery rowle you lay, throw Suger, and set it vpon a pots head, and couer it with a dish and so let its boyle.

To preserue Quinces whole.

TAke a pottle of faire water and put it into a cleane panne, and beate three pound of fine Suger and put into it, then set it on the fire, and when you haue skimmed it, put in 12. spoonefuls of Rosewater, then take ten faire Quinces and pare them, and coare them cleane, then put them into your sirrop, and so couer them very close, for the space of two houres with a faire Platter, and let them boyle a good pace: and at the two houres end vncouer them, and looke whether you finde them tender, and also that they haue a faire crimson colour, then take them vp, and lay them vpon a faire platter, couering your sirrop againe, and letting it scath while it be somewhat thicke, then put your Quinces into your sirrop againe, and haue a faire gallipot, and put in both your sirrop and Quinces as fast you can, and couer your pot close, that the heate goe not forth, also take heede you put them not in a Glasse, for it will breake.

To

To preserue Peare Plummes.

FIrſt take 2. pound and a halfe of fine ſugar, and beate it ſmall, and put it into a pretty bigge pot with 20. ſpoonefuls of Roſe water, and when it boyleth, ſkim it cleane, then take it off the fire, and let it ſtand while it be almoſt cold, then take 2. pound of Peare Plummes, and wipe them vpon a faire cloth, and put them into your ſirrop when it is almoſt cold, and ſo ſet them vpon the fire againe, and let them boyle as ſoftly as you can, till when they are boyled enough, the hernels will be yellow, then take them vp, but let your ſirrop boyle till it be thicke, then put your Plummes vpon the fire againe, and let them boyle a walme or 2. ſo take them from the fire, and let them ſtand in the veſſell all night, and in the morning put them into your pot or glaſſe, and couer them cloſe.

To preſerue Orenges.

YOu muſt cut your Orenges in halfe, and pare them a little round about, and let them lye in Water, foure or fiue dayes, & you muſt change the water once or twice a day, and when you preſerue them, you muſt haue a quart of faire water to put in your ſuger, and a little Roſewater, and

set it on the fire, and scum it very cleane, and put in a little Cinamon, then putting in your Orenges let them seeth a pretty while, and then take them out againe, and doe so fiue or fixe times, and when they be enough put in your Orenges, and let your sirrop stand till it be colde, and then pue the sirrop into your Orenges.

Another way to preserue Orenges.

Chuse out the fairest and the heauiest, that is full of liquor, and cut them full of little specks, then make a little round hole in the stalke of the Orenge, and breake the stringes of the meate of the Orenges, and close the meate to the sides of your Orenges with your finger, then will part of the iuyce and kernels come out, and lay them in water three dayes and three nights, then take them out, and set a Pan with water ouer the fire, and when it seethes put in your Orenges: but let them not seeth too fast, then you must haue another Panne with water ready seething, to shift the Orenges out of the other water when they haue sodden a little while, and so haue one panne after another, to shift them still vpon the fire tenne or twelue times, to take away the bitternesse of the Orenges, and you must keepe them as whole

whole as you can in the boyling, and then take them yp by one and one, and lay them vpon a Platter, the hole being downeward, that the water may run the more clearer out of them, then let them stand so vntill yée haue boyled your sirrop, and then take to euery two Orenges, a pinte of water, and a pound of Suger, let your Suger be finely beaten before you put it into your liquor, and looke that the kettle you boyle them in, be sweete Brasse, then take ten whites of Egges, and put them into your kettle with your liquor and Suger, and beate your whites of Egs, and the liquor together, a good quarter of an houre, then set your liquor vpon a soft fire of coales, and let it seeth so soone as you can hauing a faire Scummer, and a Cullender ready, and set your Cullender in a faire Bason, and as your whites of Egges rise in Scumme, take them vp with your scummer, and put them into your Cullender, and you shall haue a great quantity of sirrop come from your scumme, through your Cullender into your Bason, and that you must saue and put it into your kettle againe, and when your great scumme is off, there will arise still some scumme, which you must take off with a scummer, as cleane as you can,

and when your ſirrop hath ſodden a pretty while, then put in your Orenges, and let them boyle ſoftly, till you thinke they be enough, and the ſirrop muſt be ſomewhat thicke, then let your Orenges ſtand all night vpon the fire, but there muſt be nothing but imbers, and in the morning take them vp and put them in glaſſes or gally pots.

To preſerue Cherries.

TO euery pound of Cherries take a pound of Suger, that done, take a ſelb Cheries, and diſtraine them to make your ſirrop, and to euery pound of Suger and Cherries, take a quarter of a pound of ſirrop, and this done, take your ſirrop and Suger, and ſet it on the fire, then put your Cherries into your ſirrop, and let them boyle fiue ſeuerall times, and after euery boyling ſcum them with the backſide of a ſpoone.

To preſerue Gooſeberies.

TAke to euery pound of Gooſeberies, one pound of Suger, then take ſome of the Gooſeberies and diſtraine them, then take the ſirrop, and to euery pound of Gooſeberies, take halfe a pound of ſirrop, then ſet the ſuger and ſirrop ouer the fire, and put in the Gooſberies, and boyle them foure ſeuerall times, and ſcum them cleane.

To

To Diſtill Waters.

To make Hipocras.

TAke a Gallon of white Wine, Suger 2. pound, of Sinamon ℥. ß. Ginger, ℥. ß. long Pepper ℥. ß. Mace ℥. ß. not bruſed, graines ℥. ß. Galigall ʃ. ß. ob. Cloues not bruiſed, you muſt bruiſe euery kinde of ſpice a little, and put them in an earthen pot all day, and then caſt them through your bags 2. times, or more as you ſee cauſe, and ſo drinke it.

To make Sinamon water.

TAke Rennish wine a quart, or Spaniſh wine a pinte, Roſewater a pinte and a halfe, Sinamon bruiſed a pound and a halfe, let theſe ſtand infuſed the ſpace of 24. houres, then diſtill it, and being cloſe ſtopped and luted, then with a ſoft fire diſtill the ſame ſoftly in a Limbecke of glaſſe and receiue the firſt water by it ſelfe.

Alſo if you be diſpoſed to make the ſame water weaker, take three pintes of Roſewater, and a pinte and a halfe of Rennish wine, and ſo diſtill the ſame, and you ſhall haue to the quality of ſtuffe, the quantity of the water, which is three pintes, but the firſt is beſt

and

and ſo reſerue it to your vſe, both morning and euening.

To make Sinamon water another way.

TAke three quarters of Muskadine and a pound of Sinamon, and halfe a pinte of good Roſewater, and ſo let them lye infuſed the ſpace of 24. houres, and diſtill it as aforeſaid, and you ſhall receiue to the quantity as to the qualitie, but the firſt pinte is the beſt and the cheefeſt of all the other, as is manifeſt by practiſe.

To make the water of Life.

TAke Balme leaues and ſtalkes, Burnet leaues and flowers, a handfull of Roſemary, Turmintill leaues and rootes, Roſa Solis a handfull, red Roſes a handfull, Carnations a handful Hyſope a handfull, Time a handfull, Red ſtringes that grow vpon Sauory a handfull, red Fennell leaues and rootes a handfull, red Mintes a handfull, put all theſe Hearbes into a pot of earth glaſed, and put thereto as much white Wine as will couer the Hearbes, and let them ſoake therein eight or nine dayes, then take an ounce of Sinamon, as much of Ginger, as much of Nutmegs, Cloues and Saffron a little quantity, and of Aniſeedes a pound,

great

great Raysins a pound, of Suger a pound, halfe a pound of Dates, the hinder part of an olde Coney, a good fleshie running Capon, the flesh and sinewes of a Leg of Mutton, foure young Pigeons, and a dozen of Larkes, the yolkes of twelue Eggs, a loafe of white bread cut in sippits, Muskadine or Ballard 3. Gallons, or as much in quantity, as will suffice to distill all these together at once in a Limbecke, and thereto put of Methridatum two or three ounces, or else with as much perfect Treakle, and distill it with a moderate fire, and keepe the first water by it selfe, and the second water alone also, and when there commeth no more water with stringes, take away the Limbecke, and put into the Pot more Wine vpon the same stuffe, and still it againe, and you shall haue another good water, and shall so remaine good. In the first ingredience of this water, you must keep in a double glasse warily, for it is restorative for all principal members, and defendeth against all Pestilentiall Diseases, as against the Palsie Dropsie, Splene, Yellowe or blacke Jaundice, for wormes in the belly, and for all Agues bee they hot or colde, and all manner of Swellings, and pestilentiall sorewes in Man as

Pelan-

Melancholy and Flegmaticke, and it strengtheneth and comforteth all the spirits and strings of the braine, as the heart the milte, the liuer and the stomacke, by taking thereof 2. or 3. spoonefuls at one time by it selfe, or with Ale, Wine, or Beere, and by putting a pretty quantity of suger thereon, also it helpeth discretion, and doth breake winde, and stoppeth laske, and bindeth not, and it mightily helpeth and easeth Man or Woman of the paine of the heart burning & for to quicken the memory of man, and take of this water 3. spoonfuls a day, in the morning, and another after he goeth to dinner, and the third last at night.

To make Aqua Composita for a Surfet.

TAke Rosemary, Fennell, Hysope, Time, Sage, Horehound, of each of those a handfull: Penityall, red Mints, Margerum of each fiue crops, a roote of Enula Campana, of Liquorice, Annisseeds bruised, of each 2. ounces: put al these to 3. gallons of mighty strong Ale, and put it into a braste pot ouer an easie fire, and set the Limbecke vpon it, and stop it close with dowe or paste, that no ayre doe goe out, and so keepe it stilling with a soft fire, and so preserue it to your vse, as neede requireth.

Approued

Approued Medicines for Phiſicke and Chirurgery.

A medicine for the Megrim, Impoſtume of the Rewme, or other Diſeaſes in the head.

TAke Pellitory of Spaine, the weight of a groate, and halfe ſo much Spegall, beate theſe into powder, take the toppes of Iſope, of Roſemary with the flowers, 3. or 4. leaues of Sage, in the whole of theſe hearbes one ſmall handfull, boyle all theſe hearbes with the Spices in halfe a pint of white Wine, and halfe a pinte of Vineger of Roſes, vntill one halfe of the liquor be conſumed, then ſtraine ſoth the hearbes and ſet the liquor to cole, and being colde, put thereunto three ſpoonefuls of good Muſtard, and ſo much Honey as will take away the tartenelle of the Medicine, and when the Patient feeleth any paine in his head, take a ſpoonefull thereof, and put it into his mouth and holde it a pretty while gargaling, and then ſpet it forth into a veſſell, and ſo vſe to take tenne ſpoonefuls at one time in the morning faſting, vſing this three daies together,

ther, when they fæle themselues troubled with the Rewme: at the fall and Spring of the leafe is best taking thereof, and by the grace of God they shall finde ease.

You must kæpe this same medicine very close in a Glasse, whose godnesse will last 10. dayes, and when you take it, warme it as milke from the Cowe.

To defend Humors.

TAke Beanes, the rinde or the vpper skin being pulled off, bruise them and mingle them with the whits of an Egge, and make it sticke to the Temples, it kæpeth backe humors flowing to the eyes.

To make very good Pottage to be vsed in the morning.

TAke a Chickin, and seeth it in faire water, put to it Violet leaues a handfull or two, or else some other good hearbes, that you like in the stead of them, and so let them seeth together, till the Chickin bee ready to fall in peeces, then straine it, and cut thin pieces of Bread, and seeth it till the bread be very tender, and then season it with Salt.

And on the Fish day, seeth the hearbes as before in faire running water, and straine it and seeth bread as before in it, and season it with salt, and put in a peece of Butter.

To

To make another Pottage to looſe the body.

TAke a Chickin, and ſeeth it in running water then take two handfulsof Violet leaues, and a good pretty ſorte of Raiſins of the Sunne. picke out the ſtones, and ſeeth them with the Chickin, and when it is well ſodden ſeaſon it with a little ſalt, ſtraine it and ſo ſerue it.

To make a Cawdle to comfort the Stomacke, good for an old man.

TAke a pinte of good Muſcadine, and as much of good ſtale Ale and mingle them together, then take the yolkes of 12 or 13. Egges new layde, beate well the Egges firſt by themſelues and with the Wine and Ale, and ſo boyle it all together and put thereto a quartern of Suger and a few whole Mace ſo ſtirre it well, till it ſeeth a good while, and when it is wel ſodde put therein a few ſlices of bread if you will and ſo let it ſoke a while, and it will be right good and wholeſome.

To make ſtrong broth for ſicke men.

TAke a pound of Almondes, and blaunch them, and beate them in a morter very fine,

fine, then take the braines of a Capon, and beat with it, then put into it a little creame, and make it to draw through a strayner, then set it on the fire in a dish, and season it with Rosewater and Suger, and so serue it.

To make Broath for one that is weake.

TAke a leg of Veale, and set it ouer the fire in a gallon of water, scumming it cleane: when you haue so done, put in 3. quarters of a pound of small Raysins, halfe a pound of Prunes, a good handfull of Burrage, as much of Langdebefe, as much Pints and the like quantity of Harts tongue, let all these seeth together, til all the strength of the flesh be sodden out, then straine it so cleane as you can, and if you thinke the patient be in any heate, put in Violet leaues and Sauzie as you doe of the other hearbes.

An excellent drinke for the Tissicke well approued.

TAke a handfull of Fennell rootes, as much Parsly rootes, as many Alexander rootes, halfe a handfull of Borage rootes, and put out the pithe of the said rootes, then take halfe a handfull of Penyriall, as much of Violet leaues and as much of Cinkfoyle, as much Succory, Endiue, Hollyhocke leaues,

Pallow

Mallow leaues, and red Garden mints, of all these the like quantity, as of those next before, halfe a handfull of Liquorice sticks scraped, bruised and beaten to fine powder, a gallon of faire running water, boyle therein all these simples, and boyle these seedes with them, that is three spoonefuls of Anniseeds, as much Fennell seede, the like of Coliander seede, and Commin seede, a good handful of Dandelian roots, and so boyle all together from a gallon to a pottle, and let the Patient drinke thereof first and last and it will helpe him in short space, Probatum est.

For one that hath drunke Poyson.

TAke Betony and stampe it, and mingle it with Water, and the poyson that the party hath drunke, will presently come forth againe.

To restore Speech that is sodainly lost.

TAke Peniryall, temper it with Aysel, and giue it to the sicke to drinke, and lay also a plaister of it to his nostrels so grieued.

To make a good plaister for the Strangurie.

TAke Hollyhokes and Violets, and Mercurie: the leaues of these heerbes, or the seedes of them, also the rinde of the Elderne tree, and also leyd Mort, of each of these a

handfull, and beat them smal, and seth them in water, till halfe be consumed, then put thereto a little oyle Olive, and all hot make thereof a playster, and lay it to the sore and reynes. also in the Summer thou must make him a drinke in this manner: take Saristrage and the leaues of Elderne, Fiue leaued grasse, and seth them in a pottle of stale Ale, till the halfe be wasted, then straine it and kepe it cleane, and let the sicke drinke thereof first and last, and if you lacke these herbs because of Winter, then take the rotes of Fiue leaued grasse, and dry them, and make thereof powder then take Oyster shelles and burne them, and make powder also of them, and mingling them together, let the sicke vse thereof in his Pottage and drinke, and it will helpe him.

To make a powder for the Stone and Stranguillian.

TAke blacke Bramble berries while they be red, Ivy berries, the inner pithe of the Ashe keyes, the stones of the Eglantine Berries cloven, rubbed from the haye, Nut-keyes, the rots of Philopendula, of all these a like quantity, Acorne kernels, the stones of Plomes, of each a like quantity, dry all these on platters in an Ouen till they may be beaten

beaten to powder, then take Gromell ſæde, Saxifrage ſæde, Alexander ſæde, Coliander ſæd, Parſly ſæd, Commin ſæd, Fennell ſæd, Annis ſæde, of each of theſe alike quantity, as much as is written, and dryed in like ſorte, then beate all theſe to fine powder, and take Liquorice of the beſt that you can get, faire ſcraped, as much in quantity as of all the other, beate it fine, and mingle it with the ſame powder, and ſo keeping it cloſe that no winde come at it, vſe it firſt and laſt with Poſſet drinke made with white wine or Ale, and when you eate your Pottage or other broath, put ſome in it if you be ſore pained, and if you haue any ſtone, it will come away by ſhiuers, and if it doe ſo, when you thinke that your water beginneth to cleare againe, take this drinke that followeth, and it will cleanſe your bladder, and will leaue no corruption therein.

The drinke for the *Stone*.

TAke Roſemary, and Time, and ſeth them in running Water, with as much Suger as will make it ſweete from a quart to a pinte, vſe the quantity of your hearbes according to your diſcretion, ſo that it may ſauour well of the hearbes, and ſo vſe it nine mornings, 6. or 7. ſpoonefuls at a time.

A Copie of Doctor Steuens water.

TAke a gallon of Gascoigne wine, then take Ginger, Galingale, Camomile, Cinamon, Graines, Cloues, Mace, Annisedes, Fennell sedes, Caraway sedes, of euery of them one dramme, that is two pence halfe penny waight, then take Suger, minced red Roses, Time, Pellitory of the Wall, Wilde Margerum, Pennyrall, Penymountaine, wilde Time, Lauender, Auens, of euery of them one handfull, then beate the Spice small, and bruise the hearbes, and put all to the wine, and let it stand twelue houres, stirring of it diuers times, then still it in a Limbecke, and kepe the first pinte of water by it selfe, so it is best, then will come a second water, which is not so good as the first. The vertue of this water is this, It comforteth the spirits, and preserueth greatly the youth of man and helpthe inward diseases comming of colde: against the shaking of the Palsie, it cureth the contraction of the sinewes, and helpeth the Conception of women, it killeth Wormes in the belly, it helpeth the Tooth-ache, it helpeth the colde Goute, it comforteth the stomache, it cureth the euill Dropsie, it helpeth the Stone in the bladder, and the reynes of the backe, it cureth

the

the Canker, it helpeth ſhortly a ſtinking breath. And whoſo vſeth this water now and then, and not too often, it preſerueth him in good liking, and will make him ſeeme young very long.

To make white broth with Almonds.

FIrſt looke that your meate bee cleanly waſhed, and then ſet it on the fire, and when it boyleth ſcum it cleane, and put ſome ſalt into the pot then take Roſemary, Time, Iſop and Margerum, binde them together, and put them into the pot, then take a diſh of ſweete Butter, and put it alſo into the pot amongſt your meate, and take whole Mace, and binde them in a cloath, and put them into the pot with a quantity of Verjuyce, and after that take ſuch a quantity of Almondes as ſhall ſerue the turne, blaunch them, and beat them in a mozter, and then ſtraine them with the broth when your meate is in. And when theſe Almondes are ſtrained put them in a pot by themſelues, with ſome Suger, a little Ginger, and alſo a little Roſewater, and then ſtirre it while it boyle, and after that, take ſome ſliced Orenges without the kernels, and boyle them with the broth of the pot vpon a Chafingdiſh of coales, with a little Suger, and then haue ſome ſippits

ready in a platter, and serue the meate vpon them, and put not your Almonds in till it be ready to be serued.

To make a Tarte to cause courage in a man or woman.

TAke two Quinces and 2. or 3. Parre rotes, and a Potato, and pare your Potato and scrape your rotes, and put them into a quart of Wine, and so let them boyle till they be tender, and put in 1. ounce of Dates, and when they be boyled tender, drain them through a strainer, wine and all, and then put in the yelkes of 8. Egs, and the braines of 3. or 4. Cock Sparrowes, and straine them into the other and a little Rosewater, and seeth them all with Suger, Cinamon, ginger, cloues and mace & also put in a little sweete Butter, and set it vpon a Chasingdish of coales, betweens two platters, and so let it boyle till it be something thicke.

To make a sirrop of Quinces to comfort the Stomacke.

TAke a Pinte of the joyce of Quinces, a pound of Suger, and halfe a pinte of vineger, of Ginger the weight of fiue groates, of Cinamon the weight of fiue groates, of Pepper the weight of fiue groates.

A medicine for all Sores.

TAke vnwrought Waxe, Turpentine, oyle Diane, Shéepes Tallow or Deeres Sewet, a quantity of euery one of them, and then take a quantity of the iuyce of Bugell, the iuyce of Smalledge, a quantity of Rosen, and boyle them all together ouer a ſoft fire, ſtirring them alwayes, till they bée well mingled, and that the greénneſſe of the iuyce be come, and then ſtraine it through a faire cloth into a cleane veſſell, and this ſhall heale Wound or ſore, whatſoeuer it be.

Another for all Sores.

TAke a quarter of a pound of Pitch, as much of Waxe, as much of Rosen, as much of Capons greaſe, or other ſoft greaſe, and put them in a panne, and ſeeth them all together, till they be melted, and then ſtraine them through a faire cloth, and make a plaiſter to lay to the place greeued.

A powder peereleſſe for Wounds.

TAke Oppiment and Verdigreece, of each an ounce, of Vitriol burned till it be red, two ounces, beate each of them by it ſelfe in a Brazen morter as ſmall as Flower, then mingle them all together, that they appeare all as one, and kéepe it in Bags of Leather

well bound, for it will last seauen yeare with one vertue, and it is called Powder peerelesse, it hath no peere for working in Chirurgerie, for put of this powder in a Wound whereas is dead flesh, and lay scrap'd Lint about it, and a playster of Duiflolius next vpon it and it will heale it.

To make water Imperiall for all wounds and Cankers.

TAke a handfull of red Sage leaues, a handfull of Selandine, as much Woodbinde leaues, then take a gallon of Conduit water and put the hearbes in it and let them boyle to a pottle, and then straining the hearbes through a strayner, take the liquor and set it ouer the fire againe, and take a pinte of English Honey, a good handfull of Roch Allom, as much of white Copperas, Lime beaten, a penyworth of Graines brused, and let them boyle all together, three or foure waymes, and then let the scum be taken off with a feather, and when it is colde, put it in an earthen Pot or bottle, so as it may be kept close, and for a colde wound take of the thinnest, and for a greene wound of the thickest, and hauing dressed them with this water, couer the sore either with Veals or Mutton, and skinne it with Beech leaues.

To

To make water Imperiall another way.

TAke a handfull of Dragon, of Scabious, of Endiue, a handfull of Pimpernell, a handfull of Mogmewood, of Rew, of Tanſie of Cowſlops, of Daidenhayre, Cinquefoyle, Fetherfue, Doyſie leaues, Dandelian, Time, Balme, of each of theſe hearbes a handfull, of Treakle a pound, of Bole Armoniacke foure ounces, and when you haue all theſe hearbes together, you muſt take and ſhred them a little, not to ſmal, then take the Treakle, and Bole Armoniack, and mingling them and the hearbes al together, put them in a ſtillatory and diſtill them, and ſet.

To make Roſemary water.

TAke the Roſemary and the flowers, in the midſt of May, before Sunne ariſe and ſtrip the Leaues and the flowers from the ſtalkes, take 4. or 5. Enula campana rots, and a handfull of 2. Sage, then beat the Roſemary, Sage, and rotes together, till they be very ſmall, and take 3. ounces of Cloues, 3. ounces of Mace, 3. ounces of Nuidles, halfe a pound of Anniſeedes, and beate theſe ſpices euery one by it ſelfe. Then take all the hearbes and the Spices, and put thereto foure or fiue gallons of good white

white Wine, then put in all these Hearbes, Spices, and Wine, into an earthen pot, and put the same pot in the ground the space of fifteene dayes, then take it vp, and Distill it with a very soft fire.

To staunch blood.

TAke Vole Armoniack, and Turpentine, and making a playster lay it to, or take the mosse of the Hazell tree, & cast it into the Wound, and it will staunch forthwith: and the longer that it is gathered the better it is. Also take a good peece of Martinmasse Beefe out of the rose, and beate it on the Coales, & as hot as you may suffer it lay it thereto: also take a peece of leane salt Beefe, and let the Beefe be of that greatnesse that it may fill the wound, and lay it in the fire in the hot ashes, till it be hot through, and being hot, thrust it in the Wound and binde it fast, and it shall staunch anon the bleeding, when a master vaine is cut, and if the wound be large.

For swelling that commeth sodainly in mans limbes.

TAke Hartes tongue, Cherfoyle, and cut them small, and then take Dregges of Ale and Wheate braune, and Shepes Tallow molten, and doe all in a pot, and seeth them

them till that they be thicke, and then make a plaister and lay it to the swelling.

Also take faire water and salt, and stirre them well together, and therein wet a cloth and lay it to the swelling.

A good oyntment for scabs, and Itching of the body.

TAke foure ounces of Oyle de Bay, and an ounce of Frankinsence, and 2. ounces of white Whey, and 3. ounces of Swines greace, and an ounce of Quicksilver, that must be slacked with fasting spittle, an ounce of great Salt, as much of the one, as of the other, and of all these make an oyntment, and if the scabs or Itch be vpon all the whole body as well abone the girdle as beneath, then when thou goest to bed wash both thy handes and thy feete with warme water, and bathe them well therein by the fire, and after dry them with a cloth of Linnen, then take vp with thy fingers of that oyntment, and doe it in the palmes of thy hands, and in the soles of thy feete, and rub it well together that it may drinke in well and if it soake in well, thou must put Gloues on thy handes and sockes on thy feete, and thus doe every night when thou goest to bed: and if the scabbe or Itch be abone the girdle,

and

and not beneath, then anoynt but thy handes, and if the scabbe be beneath the girdle, then loke that you annoynt the soles of your fete, and if the scab or Itch bee in all the body, as well aboue the girdle as beneath, then thou must annoynt both thy handes and thy fete as thou sittest by the fire, and thou shalt be whole: this hath bene proued.

For all manner of Scabs.

TAke Ennla Campana, red Dock rotes, Nightshade, Woodbinde leanes, and then cast in a peece of Allome, and put in Uitrioll Romans rubrified, and when it is colde, wash the scabbes therewith.

Also take white Oyntment, Brimstone, Quicksiluer, Hardigrease, and mingle them together, and therwith anoynt the soze scab.

For sinewes that be broken.

TAke Worme while they be knit, and loke that they depart not, then stampe them and lay it to the soze, and it will knit the sinewes that are broken in two.

To knit sinewes that be broken.

TAke Archangell, and cut it in small gobbets and lay it to the soze, and take Milfoyle and stampe it, and lay it aboue it hard bound, and let it lye so three dayes, and at three dayes end take it away, and wash it with

with Wine, then make a new plaister of the same, and at 3. dayes end put thereto another and doe nothing else thereto.

Also take Penyroyall and beate it, and put Salt enough to them, and temper it with Honey, and make a plaister thereof, and lay it vpon the sinewes that be stiffe and it will make them to stretch.

For sinewes that are shortned.

TAke the head of a blacke Sheepe, Camomill, Dorell leaues, Sage of each a handfull, and beate these herbes in a Morter, then boyle them all together in Water, till they be well sodden, and let them stand till that they be colde, then drawe it through a strainer, and so vse it.

An oyle to stretch sinewes that be shrunke.

TAke a quart of Neates sote Oyle, a pinte of Neates Gall, and halfe a pinte of Rosewater, as much Aqua vitæ, then put all these together into a braſſe panne, then take a handfull of Lauender cotten, and as much of Bay leaues, a good quantity of Rosemary, a good quantity of Lauender spike, of Strawbery leaues the stringes and all, then take threed and binde them all in seuerall bunches, and put them into the pan

or pot and ſet them ouer the fire vpon cleare Coales, with the Dyes al together, and ſo let them boyle a good while, and when it is boyled enough, it will boyle but ſoftly, then take it off the fire, and let it ſtand till it be almoſt colde, then ſtraine it out into a wide mouthed Glaſſe, Bottle or pewter pot and ſtop it cloſe, for it will not continue in ne Wooden thing, and where the ſinewes be ſhrunke, take of this being warmed, and annoynt the place therewith, then chafe it well againſt the fire, and vſe this morning and euening, and keeping the place warme you ſhall finde great eaſe.

A ſoueraigne Oyntment for ſhrunken Sinewes and Aches.

TAke eight Swallowes ready to flye out of the neſt, drawe away the draeders when you take them out and let them not touch the earth, ſtampe them vntill the feathers cannot be perceiued, put to it Lauender cotten, the ſtringes of Strawberies, the tops of mother Time, the tops of Roſemary, of each a handfull, take all their weight of May Butter, and a quart more, then hauing ſtamped the feathers in a ſtone morter that nothing can be perceiued, make it vp in Balles,

Balles, and put it into an earthen Pot for eight dayes close stopped that no ayre take them, then take it out, and on as soft a fire as may be, seeth it, so that it doe but simper, then straine it, and so reserue it to your vse.

A remedy for the Shingles.

TAke Downe dust that is mouldie, and of Barly meale heaped halfe a pound, and stampe them well together, and put thereto halfe a pinte of Vineger, and mingle them together, and so lay it to the sore colde, lay Wall leaues thereupon, and so let it lye three dayes vnremoued, and on the third day if need require, lay thereto a new playster of the same, and at the most she shall be whole within three playsters.

To make one slender.

TAke Fennell, and seeth it in Water, a very good quantity, and wringing out the iuyce thereof when it is sodde, drinke it first and last, and it shall swage either man or woman.

Certaine

Certaine approued pointes of Husbandry, very necessarie for all Husbandmen to knowe.

First of Oxen.

TOkens whereby an Ox is knowen to be good and toward for the worke, are these: ready and quicke at the boyce, hee moueth quickly, his is short and large, great eares, the hornes liuely and of meane bignesse, and blacke, the head short, the brest large, a great pauch, the taple long touching the ground, with a tuffe at the end the haire curled, the backe straight, the reynes large, the legge strong and sinewie, the hose short, and large: the best colour is Blacke and Red, and next vnto that the Bay and Pyed, the White is the worst, the Gray and the Fallow, or Yellow is of the lest value.

The

The charge of one that keepeth them, is chiefly to vse them gently, and so serue them with meate and good Litter, to rub or kembe them at night, and to stroke them ouer in the morning, washing sometimes their tayles with warme water, also to keepe their stable cleane, and that the Poultrie or Dogges come not in, for the feathers may kill the Oxen, and the dung of sicke Hogs breedeth the murren.

Item, you must know discreetly when Oxen haue laboured enough, and when but little, for according to that, they are to be fed.

Item, that you worke them not in a time too colde or too wet.

Item, that you suffer them not to drinke presently after a great labour, and that you binde them not by forthwith, vntill they be a little refreshed abroad.

The Ox desireth cleare or running water, like as the Horse desireth the puddle or troubled water.

Item, that at their comming home, bee alwayes ouerlooke them, whether there bee any Thorne in their feete, or if the yoake haue galled them.

In France they calue all their Bul-calues

about the age of two yeares, and that at the fall of the leafe.

The day when they are to bée cut they muſt not drinke, and muſt eate but a little. Then ſodainly clip the ſinewes of the ſtones with a paire of Tongs, and ſo cut out the ſtones in ſuch ſort, as they leaue behinde the end that is tyed vnto the ſinewes, for ſo the Calfe or Bullocke ſhall not bleed ouermuch nor ſhall leſe all his virility and courage.

At the age of ten monthes, the Bullocke changeth his foretéeth, and at fiue monthes after they ſcale the next téeth, and at the end of three yeares he changeth all his téeth.

Note when an Oxe is at beſt, his téeth are equall, white and long, and when he is olde the téeth be vnequall and blacke.

If an Oxe haue the laske, which often times is with blood, and maketh him very weake, they kepe him from drinke foure or fiue dayes, then giue him Walnuts and hard Cheeſe tempered in thicke Wine, and for the vttermoſt remedy they let him bleed in the middeſt of the fore-head.

To make him loſe brilyed they giue him two ounces of Aloes, made in powder with warme water.

An Oxe pilleth blood of being too much chafed,

chafed, or of eating ill hearbes, or flower, then keepe him from drinke, and drench him with Treacle in two pints of Wine or Ale, putting thereto Saffron.

For the Cough seeth Hysop in his drinke.

For the bitting of an Adder, or venemous Dog, then anoynt the place with Oyle of Scorpion.

If he be lame of colde in his feete, then wash him with olde Vrine warmed.

If he bee lame of the abcundance of blood fallen downe into the pastornes and heele, they dissolue it by rubbing and launcing.

Item, the better to keepe your Oxen in health, whether they be to bee laboured, or to be fatted, then wash his mouth eight dayes with Vrine. for that will take away much fleame, which taketh from an Oxe his taste and stomacke.

If the fleame haue made him haue the murre which is knowne by the watering of the eye, they wash his mouth with Lime and white Wine, or rub it with water and salt.

Of Horses.

TOkens of a good Colte: the Head little and leane, the Eares straight, the Eyes great, the nostrels wide, the Necke little to-

wardes the head, the backe short and large, close bellyed, the cullions or stones equall, and small, the taile long stuffed with hayre thicke and curled, the legs equall high and straight, the hoofe blacke hard and high, he should be quicke and pleasant.

The age of Horses is knowne partly by the hoofe and principally by the teeth. When the horse is two yeares and a halfe, the middle teeth above and beneth doe fall.

When he is foure yeares olde the dog teeth fall, and others come in their places before he be fiue yeares olde, the great teeth aboue doe fall, and the first yeare the first that fell come again, the seauenth yeare all is full and they be all shut.

Of Sheepe.

CErtaine dayes before the Rammes be put to the Ewes, drench them with salt lo. twe, thereby the Ewes will take the better and the Rammes (they say) ware more full of appetite.

To haue many male Lambes, they chuse a dry time, and the winde at North, letting the Ewes goe in pasture that lyeth open against the North, ne winde, and then put in the Rammes.

To

To haue many female Lambes, then contrariwise obserue the South winde.

When a Ewe is with Lambe, if she haue a b'acke tongue (they say) the Lambe will be blacke, and if the tongue be white, the lambe likewise will be white.

Tokens of a good Sheepe: a great body, the necke long, the woll deepe soft and fine, the belly great and couered with woll, the tettes great, great eyes long leggs, and long tayle.

Tokens of a good Ramme, the body high and long, a great belly couered with Woll, a Fleece thicke, the forehead broad, eyes blacke with much woll about them, great eares couered with woll, great stones, well horned, but the more weathed the better, the Tongue and Pallet of the mouth all white, to the end that the Lambes may be likewise white.

Of Hogges.

The Hogge of himselfe though filthy yet (they say) he prospereth the best, if he lodge in a cleane Stye, and euery month his stye should be cast ouer with fresh grauell, or sand, to make his lying fresh, and to keep vp the pisse and filth.

They ge'de their Pigges, when they are a yeare olde or fiue monthes at the leaſt, for they ware much greater if they be gelded at the ſaide age.

They chuſe them for Boares, that haue the head ſhort and large the breaſt large, colour Blacke or White. the feete ſhort, the legges great, and they that haue ſtrongeſt haire on the top of their backe.

Thoſe are to be kept for Sowes which be longeſt, with hanging Bellyes, great Eares, deepe ribbed, a little Head, and ſhort Legges.

Hogges be ſicke when they rubbe much their eare, or refraine their meat but if none of theſe ſignes appeare, they plucke off one of his haires on the backe, if it be cleane and white at the rote he is well, if it be bloody or foule, he is ſicke.

They will haue their Hogges either all White or all Blacke, but in any wiſe not ſpeckled or of two colours

They refraine from dunging their Land while the Moone increaſeth, for that they obſerue the more abundance of Weedes to come thereby.

Touching the ſowing of Beanes, they doe obſerue this, At the fall of the Leafe. in

ſtrong

strong Land, they sowe the great Beanes. At Spring time in weake and round ground they sow the common small Beanes, and of both sorts at the full of the Moone, that they may be the better codded.

They vse to Cut them at the new of the Moone before day.

Their Flaxe as soone as they haue gathered it, they set it vnder a house or Hoüel, and suffer it not to take Raine or Dew as we doe.

To make Cheese looke yellow, they put in a little Saffron.

To keepe Apples, they lay them on straw strewed, the eye of the Apple downewards, and not the stemme.

And when they would haue any great store, well and long kept from perishing they gather and chose the soundest, beautyest and fairest, being not ouer riped, they prouide a Hogshed, Fatts, or great hutch, they bring the Apples where it shal stand, then they lay a layre of straw, and vpon the same a layre of Apples, and then straw againe, and Apples likewise, vntill the vessell be full to the brimme, shutting it close with the head or couer, that no ayre come in.

To cure the mallady of trées that beare wormes

wormeeaten fruit, with commeth of much wet or a moist season, at that time they pierce the Trees through with an Auger, as neere the Roote as they may, to the end that the humor whereof the Wormes doe breed, may distill out of the Tree.

If Trees through oldenesse or otherwise, leaue bearing of fruit vtterly, they vse not to loppe them but onely cut away the head boughes, they also vncouer the rootes after All Saints tide, and cleane the greatest of the rootes, putting into the cliftes thereof Flintes, or hard stones, letting them there remaine to the end that the humor of the earth may enter and ascend into the Tree: After about the end of Winter, they couer againe the rootes with very good earth, or if they haue any dead Carrions they bury them about the rootes of such Trees.

FINIS.

The Table of this Booke, gathered according to curry Page throughout the whole Booke.

Order for Seruing meat at the Table. Page. 1. 2. 3

Boyl'd Meates.

To boyle a brawne, 4
To boyle meates for Dinner, Idem
To boyle meates for Supper, 5
To boyle a leg of Mutton with a pudding, 5
To boile a Lambs head and Purtenance, 5
To boyle a Mallard with Cabbedge, 6
To boyle a Ducke with Turneps, idem
To boyle Mutton and Chickens, 7
To boyle Chickens, idē
Another to boyle Chickens, 8
Another to boyle Chickens, 9
To boyle a Neates tongue, idem
To boyle Pigges pettitoes, idem
To boyle a Coney, idē
To smere a Coney, 10
To boyle a Conyes, idē
To boyle a Capon, 11
Another to boyle a Capon, idem
To boyle a Capō with strop, 11
To boyle a Capō with Orenges and Lemmons, idem
To boyle a Capon in white broth with Almondes, 13
To boyle a Capon in white broth, idem

To

To boyle Pigeons in blackbroth, 14
To boyle Puggets, 15
To boyle pye meat, idē
To make boyled meate after the French manner, 16
To boyle Teales, 17
To boyle Plouers, idē
To boyle Quailes, idē
To boyle Larkes, 18
To make a Mettis, idē

Stew'd Meates.

To stew Steakes betweene two dishes, 18
To stewe Steakes of Mutton, 19
To stew Calues feete, id
To stew a Mallard, id
To stewe a Cocke, 20
To stewe a Pig, 21

Roste Meates.

To make Alocs, 21
To make a Pudding in a brest of Veale, 22
To roste Deere tongues
To roste a Hare, idem
Another way, 23
To roste a Carpe or Tench with a Pudding in his belly, idem
To stewe a Coney, idē.

Bak'd Meates.

To bake a Gammon of Bacon. 24
To bake a Gammon of bacon to keepe cold, id
To bake a fillet of beefe to keepe cold, idem
To bake fillets of beefe or Clods in stead of red Deere, idem
To bake a Neates tongue, 25
To make a Pye to keep long, idem
To bake calues feet, 26
Another to bake calues feete, 27
To bake a leg of Veale
Another bak't meat, idē
To bake a breast of Veale, 28
To bake a leg of Lamb, idem
To bake a turkey without bones, 29
To bake a Coney, 30
To bake Conyes, idem
To bake a Hare, idem
To bake a kid, idem
To make a Veale Pye 31
To make Mutton pyes idem
To make a Mallard, id
To

To make a Pye of humbles, 32
Another way to bake humbles, idem
To bake red Deere, idē
To bake Chickens, 33
Another way, 34
To make Marrow pies
To bake Pigeons, idē
To make a Florentine, 35
To make butter paſt. 36
To make good Weſbones, idem
To make a Haunt, 37
To make a ſirrop for bake meates, 39
To make fine Crackenels, idem
To make fine Biſket bread, 40
Another way, idem
To make fine bread, 41

Tartes.

To make all manner of fruit Tartes, 42
To make a tart of Coſtardes, idem
To make a tarte of Wardens, 43
To bake Quinces, Peares or wardens, idē
To make a tarte of green Peaſe, 44
To make a tarte of Riſe, 44
To make a tarte of Prunes, idem
To make a tarte of Medlars, idem
To make a tarte of Damſens, 45
To make a tarte of Cherryes, idem
To make a tarte of Strawberryes, idem
Another way, 46
To make a tarte of Hippes, idem
To make a tarte of Spinage, idem
Another way, idem
To make a tarte with Butter and Egg, 47
To make a tarte of an Eare of Veale, idem
To make a Cuſtard, 48
To make Oyſter Cheeſes, idem

Boyl'd Fiſh.

To boyle a Breame, 49
To boyle Muſcles, 50
To boyle Frechfiſh, idē
To boyle diuers kindes of Fiſh, idem

To make blacke Puddings, 51

To

To make white Eastings. 51
To make Sausages. 52

To make a Sallet of all kinds of hearbs, idē
To make a Sallet of Lemmons. 53

Fry'd Meates.

To fry Bacon. 53
To fry Chickins, idem
To make Peascods in Lent, 54
To make fritter stuffe, idem
A fritter to be made in a molde, 55
To make Frytters of Spinage, idem

Made Dishes.

To make a dish with Dates and the iuyce of Orenges, 56
To make a Trifle, idem
To make cast Creame, idem
To make blew-manger 57
To make blew-mangle idem
To make an Apple moyse, 68
To make a Quince or Warden moyse, idem
To make Almond butter, 58
Another of the same, 59
To make a made dish of Artechokes, 60
To make fresh Cheese and Creame. idem
To make Marmelat of Quinees, 62
Another way, idem
To make Condomack of Quinces, 63
To make Manus Christi. 64

The Names of all necessary thinges for a Banquet. 65

Preserues.

To Preserue Quinces whole, 66
To preserue Peare-plums, 67
To preserue Orenges, 68
Another way, 68
To preserue Cheries, 70
To preserue Gooseberies, idem

To Distill Waters.

To make Hipocras, 71
To make Sinamon water, idem
Another way, 72

To

The Table.

To make the water of Life, 72
To make Aqua Compoſita for a Surfet, 74

Approued Medicines for Phiſicke & Chirurgerie.

A medicine for the Pegrim. Impoſtume of the Reine, or other diſeaſes in the head, 75
To defend humours. 76
To make Potage to be vſed in the morning, idem
To make Potage to looſe the body, 77
To make a Candle to comfort the ſtomach, for olde Folkes, idem
To make ſtrong broath for ſtrong men, idem
To make broth for one that is weake, 78
An excellent drinke for the Tiſicke, idem
For one that hath drunke poyſon, 79
To reſtore ſpeech ſodainly loſt, idem
To make a good plaiſter for the Stranguries, idem
To make a powder for the Stone and Stranguillian, 80
A Drinke for the ſtone, 81
A Copy of Doctor Stevens water, 82
To make white broath with Almonds, 83
To make a Tarte to cauſe courage in men or women, 84
To make Sirrop of Quinces to comfort the ſtomache, idem
A Medicine for all ſorres. 85
Another of the ſame, 85
A Powder peerleſſe for Wounds, idem
To make water Imperiall for wounds and Cankers, 86
Another of the ſame, 87
To make Roſemary water, idem
To ſtaunch blood, 88
For Swelling that cõmeth ſodainly in mens Lunbes, idem
An oyntement for ſcabs and Itching, 89
For al manner of ſcabs, 90

For

For broken ſinewes, 90
To knit broken Si-
newes, idem
For ſinewes ſhorned,
91
In Oyle to ſtretch
ſhrunke ſinewes, idem
Another for ſhrunke ſi-
newes, and aches, 92
A remedy for the ſhin-
gles, 93
To make one ſlender,
idem

Certaine pointes of
Husbandry.

For Oxen, 94
For Horſes, 97
For Sheepe, 98
For Hogges, 99

FINIS.

ſende-,
idem
tes of
y.
94
97
98
99